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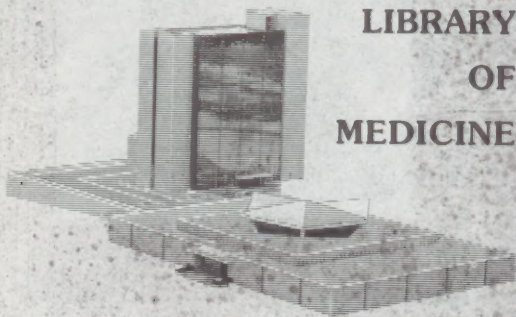
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no. 21

PERSONAL BEAUTY

Beauty is but a vain and doubtful good,
 A shining gloss that fadeth suddenly,
 A flower that dies when first it 'gins to bud,
 A brittle glass that's broken presently;
 A doubtful good, a gloss, a glass, a flower,
 Lost, faded, broken, dead within an hour.

—[*Shakespeare.*]

PERHAPS no one factor has played so important a part in shaping the destinies of nations as that peculiar attribute of woman which we call beauty. It has swayed the world to its own sweet will since the creation, and will continue to do so until the knell of time puts its veto upon all earthly things. No manner of rank pretends to resist it. Princes and peasants, the rich and the poor, the wise and the foolish—yea, Justice herself, blind though she be, is apt to listen to its pleadings and tamper with her scales when beauty is in the balance. Yet, to analyze beauty and tell what it is, appears to be a task beyond the powers of man's philosophy. Many philosophers, as Goethe says, have tried to catch beauty and pin it down, as they would a butterfly, for inspection. Even Lord Byron, skilled as he was in the philosophy of human nature, did not attempt to describe it.

Personal beauty being always grateful to the eye of the rougher sex, its possessor would be something else than a woman did she not know it; nor is she at all inclined to hide its light under a bushel, for she knows its value and force too well for that. Whether it be or be not the duty of woman to be beautiful, it is certainly her choice to be so, if she can achieve it. The born beauty knows how to take advantage of all the resources which taste and art afford, and it must be a true beauty indeed who can afford to do without them. Someone has said: "She that is born a beauty is half married," and another writer, more ill-naturedly, declares that, "It is the duty of every

woman to be beautiful, and if she isn't she had better go hang herself."

The opinions of the old philosophers regarding the influence of personal beauty differed somewhat widely. Socrates declared it to be a short-lived tyranny; Theocritus thought it a silent cheat; Plato called it a privilege of Nature; while Aristotle said it was better than all the letters of recommendation in the world—and he is right. People who deprecate or pretend to be wholly indifferent to their looks, either act a lie or else fail to recognize the main structure upon which the human mind is built. What, in fact, are looks for? If faces were like blades of grass, or leaves of trees, where would be our identity? Where would be our passions? Where would be our motives? The whole world would become a gigantic piece of machinery, worked by the mind of man, without aim, without vitality, without result. The love of beauty is a divine attribute. With what loving touch does the Creator fashion flower and cloud, river and wood, mountain and lake! By this we are taught that the love of beauty is in itself a good and holy thing, and that the desire to be beautiful for beauty's sake, and not for any selfish use, is divinely implanted; and should not be crushed, but cherished. It is the human form divine which gives life-blood to our passage through this world. Emulation, self-respect, improvement, and admiration, are all qualities which spring from the consciousness that outward appearance is, and was intended to be, a matter of first importance. It is as much a law of nature as self-preservation. Let no man or woman condemn themselves for this weakness. It is common to all alike. Neither let them undervalue good looks, nor despair of improving bad ones. The gift of beauty is often allied with a fascination of manner which plain faces may sigh for in vain. If it could be bought for money, what price would be paid for that peculiar glance or smile which is imprinted on the heart for all time!

"Daughter of the rose, whose cheeks unite
The differing tints of red and white;
Their brightness puts to shame the stars
As daylight doth a lamp."

Woman without beauty is without power, for man loves woman little for her merit, and much for her beauty. Woman

is but reflected man; he is the mirror in which she sees herself. The image may be somewhat modified—distorted, if you will, by the medium of sex—but it is the reflected image after all, as

“Sunshine broken in the rill
Though turned aside is sunshine still.”

It is to be pleasing in his eyes that she is wise or foolish; it is her nature to desire him and to do and be what she interprets he desires. Her virtues are to charm his soul—her very vices are to bewitch his senses. She is everything for him—she is all things for the man she loves. So when man is perfect, woman will reflect his perfection; when man no longer deceives, woman will be no longer false; when man no longer dyes his mustache, woman will no longer paint her cheeks; when he ceases to prefer shape of limb or form to brains, woman will cease to pad; when he prefers the mind to the body, woman will cultivate the mind; when man is wholly honest, woman will be wholly true; when this ideal lover is ready to become a bridegroom, he will find an ideal woman ready to be his bride—demand will create a supply in morals and the matrimonial market as in merchandise. Heaven never sends a soul into this world but it sends some other soul to be its mate, and when the Adam of faultless man is born, about that time will be created the Eve of perfect woman.

There is probably no subject in the world which excites more interest in the human mind than personal appearance; whether we are conscious of it or not, it is the center of the greater portion of our daily thoughts—and when we speak of personal beauty it is especially of woman that we think. In woman a rounded outline, grace of movement, delicacy and regularity of features, fairness of skin, gloss and luxuriance of hair, carry beauty to perfection. It is, after all, as old as Eden, this question of personal beauty in Eve and all her daughters. It is ever discussed and never settled; it is enshrined in brilliant phrases, classified in text-books, measured by scientists, preached by creeds, grasped almost by poetic hands, yet the essence of it escapes us still. Through the vegetable and animal worlds some sentient force produces beauty which at last attains its consummation in the form of woman; and in its consummation it rules the world, striking with its wand all natures and nations,

however diverse. The poet mingles the airs of heaven, the mysteries of inanimate nature, the breath of flowers, with his definition of the loveliest woman:

"She walks in beauty like the light,
Of cloudless climes and starry skies;
And all that's best of dark and bright,
Meet in her aspect and her eyes."

Woman's birthright is love and homage; she is unhappy without it, but love and homage follow beauty. Among woman's most precious treasures the one of personal beauty occupies a very conspicuous and important place. Who, then, will condemn her for trying to preserve what she has, adding to it if possible, and using all rightful means to regain it when lost? Who would not be attractive? Those individuals who sneer and call it vanity are the kind who would trample on violet blossoms. Where for the one time that beauty creates vanity there are a hundred instances in which it inspires goodness, culture and intelligence. To scoff at beauty is to confess that you cannot hope to attain it. Many a woman's existence has been hopelessly ruined because she believed her plain appearance to be a life-long affliction. It is every woman's duty to look her best and to preserve as long as possible all the charms with which nature endowed her. The time spent in improving her personal appearance will prove a good investment and will yield a royal interest.

A beautiful face is a blessing. We are all drawn to beauty—it sways us—it holds us—it leads us captive—and when beauty of mind and disposition is combined with it we are devotees to the object. We see people turn in the street to look after a beautiful woman or child, for they radiate a spirit of attraction; they call forth our admiration. Beauty of manner added to expression makes the person irresistible.

What constitutes personal beauty? Each person has a standard in his mind; some prefer dark, others light hair, eyes and complexion—but all are agreed that some degree of regularity of features, brightness of eye and freshness of skin, are essential to beauty. And, too, all ages have their attractions—the little flaxen-haired baby; the child just able to walk alone; the miss of four, six or ten years; the young girl just budding into womanhood; the fuller blossom of life in her teens; the matured, full-bloom rose of perfected womanhood; wifehood; maternity;

middle-age and old-age—to each and all belong its beauties. All culture that improves the body and mind is to be desired, to be attained, to be practiced.

No weakly, poor-bodied woman can draw a man's love like a strong, robust, well-developed body; a round, plump figure with an overflow of cheerfulness and animal life is the woman most commonly sought, for nature in man craves for the strong qualities in woman, as the health and life of offspring depend upon the physical qualities of wife and mother. A good body and vigorous health, therefore, become indispensable to female beauty.

In the female beauty of physical development there is nothing that can equal full breasts. It is an indication of good health and good maternal qualities. As a face looks bad without a nose, so the female breast, when narrow and flat, produces a bad effect. The female breasts are the means on which a new-born child depends for its life and growth, hence it is an essential human instinct for men to admire those physical proportions in woman which indicate perfect motherhood. A full breast has been man's admiration through all climes and ages, and whether this breast-loving instinct is right or wrong, sensible or sensual, it is a fact well known to all, that it is a great disappointment to a husband and father to see his child brought up on a bottle. Men love full breasts, because it promotes maternity; if, however, the breasts are abnormally large, it indicates a maternal deficiency the same as any other disproportion or extreme.

Small feet and small ankles are very attractive, because they are in harmony with a perfect female form, and men admire perfection. Small feet and ankles indicate modesty and reserve, while large feet and ankles indicate coarseness, physical power, authority, predominance. Feet and ankles must be in harmony with the body, as small feet and small ankles on a large woman would be out of proportion and consequently not beautiful.

As the arm is always in proportion with the other parts of the body, consequently a well-shaped arm, small hands and small wrists, with full muscular development, is a charm and beauty not inferior to the face itself, and those who have well-shaped arms may well be proud of them, because they generally keep company with a fine bust and a fine figure.

The perfection of floral beauty has been evolved from blooms that were once insignificant; that the human race is just as susceptible of cultivation along the lines of physical beauty, health, grace and longevity cannot be gainsaid. The human form is plastic even up to old age and can be molded at will and by the will; that it is much more difficult in mature years none will deny, but if the inclination for improvement exists at all and is put into determined and persistent practice, it is never too late to take the desired steps toward physical improvement. Fresh vitality may be imparted to the languid frame, elasticity to the stiffening joints, obesity trained down to something approaching beauty's standard, unsightly angles transformed into graceful curves, and the infirmities and deformities of age indefinitely postponed.

It is really pathetic to notice, at lectures given by traveling professional beauties to introduce their toilet preparations, the larger number of women in attendance in whose faces one can plainly discern traces of the advancing years; plain young women are also in evidence, but far more numerous are those who see between the corner of the nose and mouth the sharpening wrinkles, or the lines about the eyes which indicate the coming crow'sfeet. No one ever fully appreciates the value of good health until they have lost it, and it is equally true that no beautiful woman prizes her beauty so highly as at the moment when she becomes cognizant of the fact that time—that dread beauty destroyer—has begun his devastating work.

The attempt to remain young is in itself very laudable, and one thing that ought to be impressed upon mothers is the duty of being pretty and attractive as long as possible, even long after gray hairs have made their appearance. A woman should not think that because she has grown daughters she should not make an effort to keep herself attractive. Of course, it is needless to add, that the woman who, while growing old, endeavors to make others forget the fact by adopting and practicing the ways of extreme youth, only makes herself an object of ridicule. In girlhood, when the cheeks are round, the forehead smooth and the complexion like the varying tints of the blush rose, there is no need to resort to artificial means to improve the looks. But when the hurrying years, or perhaps ill-health, or peculiar climatic conditions, rob a woman of these charms, she should

not hesitate to invoke innocent arts to add to her attractiveness. Nature has singled out a few upon whom she showered, with a prodigal hand, gifts of unusual beauty, but the great majority of the feminine world are possessed of imperfections with which she would gladly dispense. If the woman of the present day is not comely in person it is entirely her own fault, for, however niggardly nature may have treated her, science offers a balm for every deficiency. Of course, good health must underlie all real physical beauty; but, given this foundation, the persistent woman can make of herself almost what she pleases.

PERSONAL APPEARANCE

THE FACE AND COMPLEXION

THE plainest features have a priceless beauty when they are covered with a pure, velvety, transparent skin, and never was there a time when the art of beauty was so eagerly studied, or the secret of perpetual youth so indefatigably sought for, by society women in all ages. It is an error to suppose that a desire to look as well as one can is vanity, and that the time occupied in caring for one's body is wasted. Beauty is an element of good, and to be a pleasing object tends to uplift one as much as does the satisfaction experienced in having performed a duty. Men look upon the complexion of a woman as being something more than skin deep—that the skin is a health indicator of the highest type—that clearness and transparency of the skin mean clean blood, transparent tissues, and afford fair presumptive evidence of health throughout the body; that those conditions which produce a tawny, dingy, yellow skin produce a coated tongue, a foul breath, weak nerves, a dull and clouded mind; that the blotched, pimpled or jaundiced skin is only a signboard hung out to indicate the contamination and general disorder within. A fine complexion renders very plain features attractive, and attractiveness to a power which no one can afford to ignore. We may pity that which is forlorn, wretched and repulsive, but we are never swayed, attracted and directed by it. Very many women are accounted pretty who would not be good-looking at all were it not for the exquisite tone of the skin. A clear skin, creamy yet not too dark, with bright red cheeks, can be called a real gift straight from the gods, and which all men admire.

In these days, when the cultivation of personal beauty is looked upon not as a waste of time, or a sacrifice to reprehensible vanity, but rather as a duty which every woman owes to herself first and to all the world as well, there is simply no valid excuse whatever for an ugly, repulsive complexion. Nothing indicates more clearly the ravages of time, or more successfully lays us on the shelf, than the wrinkled and discolored skin which shows only too plainly that the pleasing freshness of youth is gone. To calmly accept this state of things is utterly foolish—and the struggle for beauty, like the struggle for supremacy, is one that is not finished in a day; but it will win, for it is a righteous one.

The skin is porous, and as one gets along in life it becomes dry and the natural oils do not circulate as freely through it, but if you will feed it and keep it fed you will supply the nourishment which it requires, and the skin will stay nice as long as you may wish it to do so. To appear young is every woman's ambition; beauty experts and medical men unite in pointing out the ravages of rampant nerves on youth's bloom.

The first requisite in a woman toward pleasing others is that she should be pleased with herself; in no other way can she obtain that self-poise that leaves her at liberty to devote herself to others. A pretty woman, knowing she is pretty, will seldom do anything to retain her beauty until it is irrevocably lost to a great degree. Most authorities claim that a woman is at the height of her power at 26 and after that age grows old rapidly; she does unless she uses her mind and intellect and energy, and allows them to keep pace with her years; then power and intelligence will manifest itself in her face and make her almost handsome, however homely her features may be.

The beauties of the court of Charles II took a small piece of green gum benzoin and boiled it in spirits of wine until it became a rich tincture. Fifteen drops of this poured into a glass of water will produce a liquid that looks like milk and emits a most agreeable perfume. This wash is an excellent remedy for spots, pimples and eruptions, renders the skin clear and brilliant and the cheeks a beautiful rosy color.

Another is medicated soap, melted and made into balls with finely-ground oatmeal. Oatmeal and buttermilk together possess wonderful beautifying qualities, and oatmeal by itself now occupies a place on many washstands, in small quantities, steeped in water. Its balsamic qualities and glutinous oiliness make the flesh beautifully soft and white. A little lemon juice may be added advantageously.

For a remedy to produce immediate and wonderful effects in whitening the skin, use tar and olive oil heated together and cooled—about equal parts; use upon the face when going to bed, with a mask of thin old linen put on to prevent coming off—further protecting the pillows by an old sheet thrown over them. In the morning a bath of white, pure castile soap and tepid water brings the face out clear and softly tinted as a child's. This is not only the best but the most perfectly harmless and cheap preparation that can be made or procured.

Skin Foods

Hart's Skin Food—Oxide of zinc 5 grains, tincture of benzoin 100 drops, gasoline 150 grains, vaseline 75 grains; use every night on retiring and leave on the face all night. Employed largely by those who are obliged to use paints in making up for the stage,

which have a tendency to cause wrinkles and dry the skin.—
[*Nat. Drug.*

Venus Skin Food—White wax 1 ounce, spermaceti 1 ounce, oil of sweet almonds 1 pound, butter of cocoa 1 pound, lanoline 8 ounces, balsam of peru 4 drachms, orange-flower water 1 ounce; melt the first five together over a water bath, and stir in the balsam; after settling, pour off the clear portion, add the water and continue to stir briskly until it becomes cold.

Madame May's Skin Food—White wax 1 ounce, spermaceti 1 ounce, oil of sweet almonds 4 ounces, cocoanut oil 2 ounces, lanoline 2 ounces, tincture of benzoin 30 drops, orange-flower water 2 ounces; melt the first five ingredients all together over a water bath; then take off the fire and beat until nearly cold, adding little by little the benzoin, and lastly the orange water.

Orange-Flower Skin Food—White wax 6 drachms, spermaceti 6 drachms, oil of sweet almonds 4 ounces, borax 2 drachms, glycerine 12 drachms, orange-flower water 2 ounces, oil of neroli 15 drops, oil of bigarde (orange skin) 15 drops, oil of petit grain 15 drops; melt the first three together over a water bath; add the glycerine to the orange-flower water and dissolve the borax in the mixture, and then pour it slowly into the mixture of the first three, stirring constantly while doing so; when about cool stir in the three perfumes. To use, bathe the face at night with soft water and a pure soap and use a correct complexion brush in doing so, rinsing first with warm water, then with cold; dry well and apply the food with a rotary movement of the finger tips.

Mrs. Pattee's Skin Food—Cocoanut oil 5 drachms, castor oil (scentless) 30 drachms, cologne water 20 drachms, oil of bergamot 1 drachm; warm the first two together over a water bath, remove from the fire and add the cologne water little by little, stirring constantly; then add the bergamot and again stir well.

Sweet Orange Skin Food—White wax 2 drachms, spermaceti 2 drachms, oil of sweet almonds 2 ounces, oil of sweet orange 1 drachm, orange-flower water 2 ounces; half fill a saucepan with boiling water; stand a jam jar in this; shave the wax and spermaceti into the jar and let it dissolve; heat the almond oil and add to the wax and spermaceti; heat the orange-flower water and add it half a teaspoonful at a time, stirring the mixture quickly; lift the jar out of the saucepan, and beat up with an egg-beater; then put back, heat again and add the orange oil; beat again until it is cold, and pour into a jar and cover with parchment.

Martindale's Skin Food—Oxide of zinc 2 drachms, oil of sweet almonds 2 ounces, cocoa butter 2 ounces, borax 2 drachms, oil of bergamot 15 drops; heat the cocoa butter and almond oil over a water bath, and when thoroughly blended add the zinc and borax; stir as it cools and add the bergamot last.—[*Era Anal.*

"Pomade Greque" Skin Food—Some good cold cream 1

ounce, lanoline 2 ounces, white vaseline 2 ounces; massage twice a day. It is very good and will not produce a growth of hair.

Cleansing Creams

Madame Belgrade's Cleansing Cream—White wax 1 ounce, sheep's oil 4 ounces, oil of sweet almonds 4 ounces, rose water 4 ounces; melt the first three over a water bath, beat well while cooling, then add the perfume and stir; if too stiff add more rose water; use daily on the face.—[*Drug. Cir.*]

Kentucky Cleansing Cream—White wax 1 ounce, spermaceti 1 ounce, oil of sweet almonds 4 ounces, orange-flower water 4 ounces; melt the first two over a water bath, stir in the oil and beat up well; when nearly cold add the water and thoroughly incorporate it with the mixture; to use, spread upon the face thinly and then wipe off, and the dirt will come with it.

Mrs. Allen's Cleansing Cream—White wax 2 ounces, spermaceti 2 ounces, oil of sweet almonds 12 ounces, glycerine 2 ounces, salicylic acid 90 grains, distilled water 2 ounces, oil of lavender 30 drops; melt the first three over a water bath; dissolve the acid in the water and glycerine previously mixed, then unite the two mixtures and beat up well until cold, meantime adding the oil of lavender drop by drop.—[*Jour. of Chem.*]

Truleaux's Cleansing Cream—White wax 30 grains, white soap (shaved into ribbons) 40 grains, storax 10 grains, strained honey 50 grains, tincture of benzoin 10 grains; melt the wax, soap and honey together over a water bath, beat up well, then add the tincture little by little, stirring continually, and then the storax.

Terry's Cleansing Cream—White wax 2 ounces, oil of sweet almonds 4 ounces, orange-flower water 4 ounces; melt the wax and oil over a water bath, remove from the fire and beat in the water. The longer it is beaten the whiter it will be.

Cleansing creams are always applied with the tips of the fingers in a rotary motion and removed at once with a soft towel.

Massage Creams

Though at present little known outside of the medical profession and beauty parlors, massage is not a new thing—the ancient Romans practiced it; but like other good things the ancients knew, it fell into disuse. Massage means simply a rubbing, kneading and manipulating of the skin and muscles lying immediately beneath it. It strengthens the muscles and nerve-centers by promoting a steady flow of blood to the parts exercised. Massage clears the skin and rounds out the contour of the face in a simple and natural manner, eradicating the various ills from which it suffers, enlarging the muscles, toning the nerves, and

developing adipose tissue; pallor gives way to a soft, rosy flush, and in time the whole face seems transformed.

Rose Massage Cream—White wax 2 ounces, spermaceti 4 ounces, oil of sweet almonds 1 pint, glycerine 6 ounces, attar of roses 25 drops; melt the first three together over a water bath, then add the glycerine; stir well until nearly cold and then add the attar and let the mixture settle; any other perfume may be substituted.

Casein Massage Cream—Milk (skimmed free from fat) 1 gallon, powdered borax 4 drachms, boric acid 6 drachms, pulverized alum 2 ounces, carmine to color, and perfume to suit the fancy; dissolve all except the milk in a little water, add to the milk, and set on a fire, being careful not to burn or scald it; after the casein is precipitated, or the whey shows clear, strain through cheese-cloth; do not allow it to get too dry; then put in the ariemulsifier and beat up. This fluffs it up, breaks all the granular particles of casein and makes beautifully smooth cream. If too thick, a small quantity of boiled water can be added, and the whole can then be beaten or whipped again in the machine. A small quantity of a 40% solution of formaldehyde may be added as a preservative.

Grant's Massage Cream—Lanoline 5 drachms, oil of sweet almonds 1 drachm, tannin 30 grains, oil of rose geranium 50 drops; mix all but the last over a water bath, beat up well, and when about cool stir in the perfume. In using this cream for wrinkles, remember that in treating the horizontal lines of the forehead a rotary motion is used; for the vertical lines between the eyes, the movement is up and down with the pressure on the upward stroke. After you have used a cleansing cream, massage each night for 10 minutes with this cream; free the face entirely of the cream by bathing it with hot and cold water alternately several times.—[*Amer. Drug.*]

Dr. Henning's Massage Cream—Lanoline 20 ounces, spermaceti 3 ounces, cocoanut oil 8 ounces, extract of portugal 8 ounces, tincture of benzoin 2 drachms, oil of neroli 40 drops; melt the first four together over a water bath, add the portugal and stir well; remove from the fire and little by little stir in the benzoin and beat up well; when nearly cold add the perfume.

Mrs. Allen's Massage Cream—White wax 2 ounces, spermaceti 5 ounces, oil of sweet almonds 1 pint, attar of roses 20 drops; melt the first three together over a water bath, stir well and when cold, or nearly so, add the perfume.—[*Barbers' Jour.*]

Madame Veriti's Massage Cream—Spermaceti 12 drachms, oil of sweet almonds 4 ounces, lanoline 5 ounces, white vaseline 5 ounces, tincture of benzoin 1 drachm; melt all but the last over a water bath and thoroughly mix; remove from the fire and stir in the tincture little by little; scent with a little extract of violets to imitate the bottled goods.—[*King's Form.*]

Dr. Bernard's Massage Cream—Lanoline 2 ounces, oil of sweet almonds 1 ounce, boric acid 80 grains, tincture of benzoin 20 drops; mix all together, gently warm it and stir until all are well united; use daily if the skin needs nourishing; using three times a week will keep the skin in good condition—so says the label.

Sunlight Massage Cream—Lanoline 2 ounces, spermaceti 2 ounces, white wax 2 ounces, olive oil 2 ounces, gum camphor 4 drachms; dissolve the camphor in the olive oil; melt the first three together over a water bath, remove from the fire, unite the two mixtures and beat the whole until cold. This is one of the best preparations on the market today. You can prepare at one-half the price you will pay for it at the druggist's.

Cucumber Massage Cream—Lanoline 1 ounce, fresh cucumber juice 2 ounces, expressed oil of sweet almonds 160 drops, oil of rose 10 drops; melt the oil and lanoline over a water bath, remove from the fire and stir in the cucumber juice; before the mixture cools, stir in the perfume and beat well until cold.

Suggestions—Cocoonut oil is the most desirable oil for bodily massage; it should be kept in a cool place, so that it will not become liquid, but remain in a solid condition.

A good massage cream is made with equal parts of oil of sweet almonds, refined tallow and spermaceti; melt all together over a water bath, and when cool, if too thick, remelt and thin with more almond oil; it should be no thicker than sweet cream.

In massaging, have the strokes soft but firm, unless massaging for the reduction of flesh, when considerable pressure should be used in the strokes.

Cold Creams

Bailey's Cold Cream—Boracic acid 1 ounce, witch hazel 32 ounces, glycerine 6 ounces, gum tragacanth 1 ounce, cologne 6 ounces, distilled water 16 ounces; mix the gum and water; after the former has swollen all it will, add the witch hazel and allow it to stand 3 days; dissolve the acid in the glycerine by the aid of a little heat; at the end of the 3 days strain the gum solution through cheese-cloth, unite the two solutions and then add the cologne.—[*Era Anal.*

Burdette's Cold Cream—White wax 1 ounce, spermaceti 1 ounce, oil of sweet almonds 8 ounces, witch hazel 1 ounce, rose water 3 ounces; melt the first three over a water bath and pour into a bowl which has been heated by being immersed for some time in boiling water; then very gradually add the water and witch hazel and assiduously stir until an emulsion is formed, and gradually afterward until the mixture is nearly cold.—[*New Ideas Anal.*

Baker's Cold Cream—White wax 1 ounce, spermaceti 1 ounce, oil of sweet almonds 8 ounces, orange-flower water 4 ounces; melt

the wax and spermaceti together over a water bath, remove from the fire and stir in the almond oil; beat it up well and when nearly cold stir in the water gradually.—[*Drug. Cir.*

Beckley's Cold Cream—White wax 1 ounce, oil of sweet almonds 8 ounces, oil of cinnamon 1 ounce; melt the wax over a water bath, stir in the almond oil and when nearly cold beat in the perfume.—[*Rural World.*

Sultana Cold Cream—Take equal parts of lemon juice and white of eggs, beat together and place over a water bath; stir with a wooden paddle until of the consistency of cream, when add a little of the oil of jasmine to perfume.

Nadine Cold Cream—Elder-flower water 3 ounces, cucumber juice 4 ounces, glycerine 4 ounces, lanoline 2 ounces; beat until a fine cream is the result.—[*Nat. Apoth.*

Barrett's Cold Cream—White wax 2 ounces, spermaceti 1 ounce, oil of sweet almonds 2 ounces, distilled water 8 fluid ounces, tincture of balsam of peru 4 drachms, tincture of tolu 4 drachms, rose water 2 ounces; melt the first two over a water bath; mix the three tinctures with the distilled water, then unite both mixtures, add the rose water little by little, and beat all well together; apply with a small sponge on retiring.

Truleaux's Cold Cream—Mutton suet 4 ounces, spermaceti 1 ounce, oil of sweet almonds 8 ounces, rose water 40 drops; warm the first three over a water bath, stir until cold, and while cooling add the rose water. It should be like cream, not granular.—[*Mrs. Clara Truleaux in Ladies' Nat. Mon.*

Hadnut's Cold Cream—Sugar of lead solution 15 ounces, benzoated lard 10 ounces, lanoline 5 ounces; mix thoroughly and beat up with an egg-beater. Claimed to be useful also, in such skin affections as eczema, lupus, etc. Dangerous to use regularly as a cold cream on account of the lead—avoid it.—[*Drug. Cir.*

Dr. Champlin's Cold Cream—White wax 4 ounces, prepared lard 16 ounces, oil of sweet almonds 18 ounces, borax 1 drachm, oxide of zinc 1 ounce, otto of roses 30 drops, oil of bergamot 20 drops, oil of rose geranium 20 drops, alcohol 4 drachms; first dissolve the perfumes in the alcohol; in 15 ounces of warm water dissolve the borax and zinc, which had previously been mixed; now melt the wax over a water bath, and add the lard, stir well until thoroughly mixed and melted, then add the almond oil and stir again; now add the borax and zinc solution, and stir, and when nearly cold add the perfume solution, and whip until cold.—[*King's Anal.*

Garnier's Cold Cream—Rectified spirits 2 ounces, balsam of gilead 2 ounces, tincture of benzoin 2 ounces, oil of neroli 1 drachm, orange-flower water 8 ounces; dissolve the balsam in the spirits, add the tincture, shake for 2 minutes, and then add the others.—[*Tilden's Form.*

Galpin's Cold Cream—White wax 38 ounces, white paraffine

oil 1 gallon, borax 2 ounces, distilled water 45 ounces, oil of rose geranium 6 drachms; melt the wax over a water bath and add the paraffine, and continue the heat until the liquid clarifies; dissolve the borax in the distilled water and unite the two mixtures; then renew the heat as before and stir and beat until snow white; remove from the fire and when nearly cold add the perfume, stir and pour into jars like the original.—[*Era Anal.*]

Madame Devinne's Cold Cream—Lanoline 60 grains, spermaceti 15 grains, salol 1 grain, glycerine 20 grains, essence of roses 5 drops; warm the spermaceti over a water bath, then add the others, stirring in the perfume last; spread on the face and leave it on all night, first washing in rose water; in the morning wash the face with fresh milk or cream.—[*Ladies' Jour.*]

Herbert's Cold Cream—White wax 1 ounce, spermaceti 2 ounces, oil of sweet almonds 8 ounces, glycerine 3 ounces, otto of roses 15 drops; melt the first three together over a water bath, add the otto and beat until thoroughly cold.—[*King's Form.*]

Hood's Cold Cream—Benzoated lard 2 ounces, lanoline 1 ounce, rose water 3 ounces. Said to be very cooling to the skin.

Holmes' Cold Cream—White wax 2 ounces, spermaceti 4 drachms, sweet oil 1 pint, oil of lavender 1 drachm; melt the first two over a water bath; remove from the fire and stir in the sweet oil, beat up well, and while cooling add the perfumes and stir again.

Harding's Cold Cream—White wax 2 ounces, oil of sweet almonds 8 ounces, oil of lavender 20 drops, lavender water 4 fluid ounces; melt the wax over a water bath, stir in the almond oil; then add the lavender water, and lastly the oil of lavender.

Molyneaux's Cold Cream—White wax 26 ounces, paraffine 25 ounces, liquid albolene 99 ounces, borate of sodium 1 ounce, distilled water 38 ounces, rose water 3 ounces; melt the first two over a water bath and add the albolene; if this addition causes the mixture to harden, continue the heat until all is well melted and mixed; add the sodium to the distilled water and slightly warm the solution, then add this to the first solution in a continuous stream as thick as your finger, at the same time beating the emulsion with a wooden paddle until it becomes smooth; while in a semi-fluid state add the rose water; pouring into jars or other receptacles while warm gives the surface a glossy, satin finish on cooling.—[*King's Anal.*]

Krato's Cold Cream—White wax 30 drachms, spermaceti 30 drachms, expressed oil of sweet almonds 22½ ounces, solid albolene 10 ounces, borax 4 drachms, distilled water 10 ounces, oil of bergamot 1 drachm; melt the first two over a water bath, and while warm add the almond oil, albolene and borax, the latter having previously been dissolved in some of the water; then add balance of water and beat with an egg-beater until it is a beautiful white, stirring in the perfume when nearly cold.—[*Era Anal.*]

Mrs. Gresham's Cold Cream—White wax 3 ounces, spermaceti

3 ounces, benzoated lard 8 ounces, cucumbers 3 ounces, powdered borax 150 grains; melt the first two over a water bath, and add the lard; slice up the cucumbers after removing the outer skin, mix with the foregoing and add 90 grains of the borax; after this mixture has stood for 24 hours, melt over a water bath again, and strain through cheese-cloth; place it on ice; when the fat has solidified, drain off the fluid, add the remainder of the borax to the fat over a water bath again, and beat up thoroughly while cooling.—[*Celia Gresham in Ladies' Jour.*]

Pistachio Cold Cream—Pistachio nuts 6 drachms, green oil 4 drachms, palm soap 4 drachms, white wax 4 drachms, spermaceti 4 drachms, orange-flower water 20 ounces, essence of neroli 6 ounces; place the soap and 5 ounces of the orange-flower water into the inner receptacle of the water bath; place over the fire until the soap is thoroughly melted; then add the green oil, wax and spermaceti and continue the heat until they are almost melted; put the nuts into a clean marble mortar and pound them until they form a paste; mix the remainder of the orange-flower water with this paste and strain without pressure and run very slowly into the previously formed mixture; beat continuously, adding the essence of neroli toward the latter part of the operation. This makes a very delicate cream for the skin and is also very useful for tan and sunburn.—[*Drug. Jour.*]

Mrs. Dana's Cucumber Cream—Expressed cucumber juice 1 pint, deodorized alcohol 3 ounces, oil of sweet almonds 7 ounces, shaving cream 2 ounces, blanched sweet almonds 150 grains; dissolve the shaving cream in sufficient rose water over a water bath; beat the almonds in a mortar, and by degrees work in the solution; strain through muslin and return to mortar; stir constantly, working in gradually the alcohol, in which the juice had already been mixed. Very softening, whitening and cleansing.—[*Rose Dana in West. Farm Jour.*]

Mrs. Glover's Cucumber Cream—Expressed oil of sweet almonds 7 fluid ounces, white wax 5 drachms, spermaceti 18 drachms, glycerine 1 fluid ounce, green cucumbers 4 ounces; scrape off the outer skin of the cucumbers, cut them into small pieces and mash in a mortar; macerate for 24 hours, strain and heat to about 150 degrees, and filter quickly; at the same time melt the first three together over a water bath, and stir in the filtered juice; when cold, work with a paddle to get rid of the watery portion, then add the glycerine little by little without heat. Keep in a cool place; will not keep long.—[*Jennie Glover in Home Mag.*]

Cucumber Cold Cream—Spirits of cucumber 2 ounces, benzoated lard 12 ounces, spermaceti 4 ounces, oil of lavender 1 drachm; dissolve the spermaceti and lard together over a water bath; add the spirits, beat with a wooden spoon or paddle until nearly cold, and add the lavender.—[*Nat. Drug.*]

Camphorated Cold Cream—Expressed oil of sweet almonds

8 ounces, white wax 2 drachms, spermaceti 2 drachms, spirits of camphor 3 drachms, oil of rosemary 20 drops, rose water 8 ounces; melt the wax and spermaceti over a water bath, slowly stir in the almond oil, then the camphor spirits; stir while cooling, adding gradually the perfume oils and rose water.—[*Jour. of Pharm.*]

Another Camphorated Cold Cream—Camphorated oil 4 ounces, spermaceti 4 drachms, essence of bergamot 2 drachms; melt the first two over a water bath but do not heat, and then add the essence and stir well.—[*Drug. Jour.*]

Suggestions—"Universal Cold Cream" has this formula: Lanoline 2 ounces, benzoated lard 4 ounces, lime-water 6 ounces; warm the first two together and incorporate the water gradually by stirring. Used in burning and itching of the skin, prickly heat, pimples, etc.—[*King's Anal.*]

"Kernan's Cold Cream" is made with vaseline 3 ounces, oil of sweet almonds 1 ounce, tincture of benzoin 10 drops; heat the vaseline over a water bath, stir in the oil, and while cooling stir in the tincture drop by drop.—[*King's Anal.*]

"Dr. Beard's Cold Cream" is made thus: Mutton tallow 2 ounces, oil of sweet almonds 2 ounces, oil of rose geranium 10 drops; melt the tallow over a water bath, add the almond oil and beat well with an egg-beater; when nearly cold add the perfume and stir. A good healing cream for rough and chapped skin.—[*Tilden's Form.*]

A good cold cream is made of equal parts of mutton tallow and olive oil; melt the tallow over a water bath and stir in the oil. Any desired scent may be given it.

Or, take equal parts of white vaseline and oil of sweet almonds, prepare as the foregoing, and give it whatever scent you wish.

"Ichthyol Cold Cream" is made with lanoline 5 ounces, benzoated lard 10 ounces, ichthyol 3 ounces, distilled water 12 ounces; warm the lard and lanoline, stir in the ichthyol and then add the water slowly, and stir constantly so as to incorporate it well. Excellent for pimples, etc.—[*Drug. Cir.*]

"Unger's Cold Cream" is made with oil of sweet almonds 3 ounces, white wax 1 ounce, rose water 3 ounces.—[*Era Anal.*]

"Hart's Cold Cream" is made of equal parts of mutton tallow, oil of sweet almonds and rose water, prepared in the usual way.—[*Carter's Form.*]

Other Creams

J. Morley's Lanoline Cream—Lanoline (anhydrous) 15 drachms, oil of sweet almonds 35 drachms, white wax 5 drachms, spermaceti 5 drachms, powdered borax 20 grains, rose water 3 ounces; melt the first four over a water bath and mix them well; then add the borax and again beat up well; when nearly cold add the rose water little by little and continue to beat as long as possible into a smooth white paste.—[*Drug. Cir.*]

Dr. White's Face Cream—Chloride of sodium 2 drachms, borate of sodium 2 drachms, glycerine 30 drachms, alcohol 10 drachms, rose water 170 drachms, essence of roses 3 drachms; before applying in the morning, cleanse the face with fresh milk or cream instead of soap.—[*Jour. of Pharm.*]

Princess Cream—White wax 7 ounces, spermaceti 7 ounces, oil of sweet almonds 28 ounces, borax 1 drachm, pure soft water 13 ounces; heat just enough to melt the first three all together over a water bath; dissolve the borax in the water, stir into it the oils, and take from the fire and beat with an egg-beater until light and fluffy. If you wish to perfume add the scent while beating it. Put into glass or earthen jars and keep in a cool place. This cream is of the finest texture, being very light and delicate if properly prepared. It is used for cleansing and keeping the skin smooth and soft.—[*Pharm. Bul.*]

Duchess Cream—Mutton tallow 2 ounces, pure olive oil 2 ounces, carbolic acid 5 drops, white vaseline 1 ounce, oil of bergamot 30 drops, oil of citronella 30 drops; melt the first two together over a water bath and add the acid; remove from the fire and stir in the vaseline and beat until cold; while doing so add the two perfumes.—[*Ladies' Home Jour.*]

Recamier Cream—Oxide of zinc 4 ounces, glycerine 13 drachms, spirits of rose (4 drachms to the pint in strength) 2 drachms, distilled water 2 drachms; rub together until a perfect homogeneous product results.—[*Drug. Cir.*]

Spencer's Toilet Cream—Quince seed 2 drachms, boric acid 20 grains, glycerine 3 fluid ounces, alcohol 5 fluid ounces, phenol 1 drachm, tincture of benzoin 2 drachms, oil of bitter almonds 20 drops, glycerine of starch 5 ounces, menthol 10 grains, enough water to make 3 pints in all; soak the seed in half a pint of the water slightly warmed for 48 hours, shaking occasionally; dissolve the acid, phenol, menthol, almond oil and starch in the alcohol, and add the glycerine; unite the two solutions, stirring and mixing them thoroughly; to the mixture now add the benzoin drop by drop, to which then add the balance of the water to make up the 3 pints.—[*West. Drug.*]

Brevout's Toilet Cream—Simple tincture of benzoin 1 fluid drachm, tincture of balsam of peru 20 drops, alcohol 1 ounce, rose water 16 ounces; agitate occasionally for 2 days.—[*Cin. Eng.*]

Deveaux's Toilet Cream—Simple tincture of benzoin 1 fluid ounce, tincture of styrax 4 drachms, alcohol 5 fluid ounces, essence of roses 4 fluid drachms, rose water 33 fluid ounces; mix all but the last, then gradually add it, and shake occasionally for 2 days.—[*Tol. News-Bee.*]

Hamilton's Excelsior Toilet Cream—White castile soap 3 ounces, sulphuric ether 3 ounces, ammonia water 3 ounces, glycerine 2 ounces, alcohol 3 ounces, orange-flower water 2 ounces; dissolve the soap in a fourth of the ammonia water made hot, add

the balance of the ammonia water when nearly cold; then stir in the others, adding the orange-flower water last. Keep the ether away from the fire and the bottle well corked.—[*Era Anal.*]

Higgin's Viola Toilet Cream—Best oil of sweet almonds 16 ounces, prepared lard 3 ounces, otto of roses 20 drops, just enough alkanet root to color in imitation; immerse the root in the oil for two days; then with an egg-beater work the lard thoroughly, adding the oil gradually, and then the otto.—[*King's Anal.*]

Mrs. Morgan's "Cream of Virginia"—Juice of 2 cucumbers, tincture of benzoin 10 drops, spirits of wine 1 ounce, orange-flower water 4 ounces; add the juice to the spirits and allow it to stand 24 hours; then strain, add the water, and lastly the tincture drop by drop, stirring all the time.—[*Mrs. C. Morgan, Petersburg, Va.*]

Mrs. Stringer's Toilet Cream—Oil of sweet almonds 12 ounces, oil of bitter almonds 20 drops, tincture of ambergris 20 drops, oil of bergamot 30 drops, coumarin 1 drachm, oil of roses 20 drops, a little of a solution of carmine to color; mix and shake occasionally for 2 days.—[*Callie Stringer in Rural World.*]

Mother Nobel's Toilet Cream—Oil of sweet almonds 16 ounces, white vaseline 32 ounces, white wax 14 drachms, oil of rose geranium $2\frac{1}{2}$ drachms; melt all but the last two over a water bath and stir with a wooden paddle until it begins to thicken, when add the perfumery oils and continue to stir and beat until cold.—[*N. Y. Sun.*]

Blake's Honey Cream—Strained honey 4 ounces, rectified spirits 1 ounce, glycerine 1 ounce, citric acid 2 drachms, essence of ambergris 6 drops; mix the honey and glycerine over a water bath; dissolve the acid in the spirits and add the essence; when the first mixture is cold, unite the two and agitate until thoroughly mixed. To get proper results in this preparation every article must be pure. Used to whiten the skin; none better as a beauty-maker for the face and hands—says the label.

Rose's Honey and Almond Cream—Ointment of rose water 5 ounces, oil of sweet almonds 5 ounces, glycerine 5 ounces, boric acid 5 ounces, solution of soda 12 ounces, mucilage of quince seeds (2 drachms to the pint in strength) 25 ounces, enough water to make 200 ounces in all, oil of bitter almonds and oil of roses sufficient to scent in imitation; heat the ointment, oil and soda solution together over a water bath, stirring constantly until an emulsion is formed; then warm together the glycerine, acid and about 150 ounces of water, mix with the emulsion, stir until cold, and make up to 200 ounces by adding more water; lastly add the perfumes.—[*Jour. of Pharm.* As you will notice, the honey in this widely advertised preparation occurs only in the name.

"Old Homestead" Cream of Almonds—Oil of sweet almonds 5 ounces, white wax 2 drachms, spermaceti 2 drachms, oil of soap 2 drachms, alcohol 6 ounces, essence of almonds 20 drops, essence of bergamot 20 drops; melt the wax and spermaceti over a water

bath; dissolve the oils in the alcohol and unite the two mixtures, stirring well, and then add the essences.—[*Phys. Cult.*

Gale's Honey and Almond Cream—Oil of sweet almonds 26 ounces, balsam of peru 1 drachm, oil of bitter almonds 1 drachm, strained honey 2 ounces, powdered white castile soap 1 ounce, liquid potassa 1 drachm, oil of bergamot 30 drops, oil of cloves 14 drops; mix the oils with the balsam, and the honey with the soap in a mortar, adding enough of the potassa to produce a nice cream; add this to the first mixture, balance of potassa, and continue to beat until you have a thoroughly incorporated emollient.—[*Ph. Gaz.*

Mad. Gervaise's Creme de Millefleurs—White wax 1 ounce, spermaceti 1 ounce, lanoline 2 ounces, cocoanut oil 2 ounces, oil of sweet almonds 4 ounces, orange-flower water 4 ounces, tincture of benzoin 5 drops, boracic acid 2 drachms; melt the first four together over a water bath; remove from the fire and beat in slowly the orange-flower water and the benzoin, also the acid previously dissolved in a little orange-flower water heated; beat again until thoroughly cold.—[*Ph. Jour.*

"National" Mentholated Cream—Gum tragacanth 1 ounce, glycerine 3 drachms, menthol 40 grains, alcohol 4 drachms; put the gum into 12 ounces of warm water and allow it to stand 2 or 3 days, with an occasional shaking; then dissolve the menthol in the alcohol and add to the mucilage; color with a little tincture of cudbear to imitate. The circular says this preparation is also used largely by barbers as a cooling application to the face after shaving.—[*Era Anal.*

Sultana Cream Make-Up—Oil of sweet almonds 4 ounces, white wax 300 grains, spermaceti 320 grains, finely powdered benzoin 100 grains, tincture of ambergris 1 drachm, rice powder 320 grains, pure carmine 15 grains; melt the first three over a water bath and add the benzoin while they are heating, the rice powder and carmine while cooling, and the tincture last of all; spread it on the face and throat, gently and carefully, rubbing it into the skin, and avoid getting it into the eyebrows or near the eyes; powder with any flesh-colored powder, applying freely with a puff, and after a little while wipe off with a bit of chamois.—[*Jour. of Prac. Pharm.*

Hubert's Malvina Cream—White wax 50 grains, spermaceti 30 grains, bismuth oxychloride 40 grains, puraline 265 grains, oil of bitter almonds 3 drops, spirits of rose (4 drachms of oil to the pint in strength) 30 drops; warm the wax, spermaceti and puraline over a water bath until mixed; rub the bismuth, together with the mercuric chloride, thoroughly in the melted mass until well incorporated, and stir constantly while cooling; when nearly cold stir in the perfumes.—[*N. Y. Drug. Bul.*

Laird's Bloom of Youth—Oxide of zinc 6 drachms, prepared chalk 6 drachms, oil of bergamot 10 drops, carmine 1 grain, water 12 ounces; triturate the carmine and oil with the chalk, add the zinc, and lastly the water.—[*Drug. Cir.*

Dunkley's Bloom of Roses—Rosaniline 77 grains, white wax 14 drachms, spermaceti 50 grains, white petrolatum 380 grains, alcohol 30 drops; perfume with oil of roses to imitate; dissolve the first in the alcohol, add this solution to the three fats previously melted over a water bath, and continue to stir and beat until cold, adding the perfume when almost cold.—[*King's Anal.*]

Ritchie's Beauty Balm—Tincture of quillaja 3 drachms, tincture of iris 20 drachms, mecca balm 20 drachms, glycerine 30 drachms, essence of amber 9 drachms, cologne water 20 drachms. The directions say, "bathe the face whenever desired."—[*Am. Household.*]

Laird's Perfection—White wax 4 ounces, spermaceti 4 ounces, tincture of benzoin 2 drachms, gum camphor 1 drachm, alcohol 1 pint, oil of bergamot 1 drachm; dissolve the camphor and benzoin in the alcohol; melt the wax and spermaceti over a water bath; unite, and beat well, adding the bergamot when nearly cold.—[*Era Anal.*]

Morse's Oriental Toilet of Venus—Simple spirits of pellitory 28 fluid ounces, finely powdered cinnamon 1 drachm, cloves 18 grains, mace 18 grains, vanilla 6 drachms, saffron flowers 18 grains, coriander 6 drachms, ambergris 3 grains, oil of citron 18 drops, oil of anise 18 drops, oil of lavender 9 drops, oil of thyme 9 drops, orange-flower water 4 drachms; mix the first eight items, and leave stand 15 days; then add the ambergris, stir well, add the others, leave stand 2 days longer, then filter through paper.—[*Nat Drug. Jour.*]

Prince's Pearl White—This preparation for the complexion is found by analysis to be made with ternitrate of bismuth 1 ounce, distilled water 4 ounces.

Price's Creamaline—White wax 1 ounce, oil of sweet almonds 4 ounces, oil of sassafras 1 ounce; melt the first two over a water bath, add the sassafras, and beat while cooling.—[*Tilden's Anal.*]

Mouset's Peach Bloom—Strong liquid ammonia 2 ounces, finest carmine 1 ounce, rice water 4 pints, triple extract of roses 2 ounces. The label says, "the cheek is made to bloom like the rose."

Barnhart's Balm of Beauty—Pulverized white castile soap 4 ounces, borax 1 drachm, emulsion of bitter almonds 6 ounces, tincture of benzoin 2 drachms, orange-flower water 8 ounces, rose water 8 ounces, soft water 1 quart; mix, and to every 8 ounces of the mixture add 5 grains of bichloride of mercury; apply with a linen rag.—[*Mrs. Harriet Barnhart in "Beautiful Women."*]

Almon's Bloom of Youth—Brazil dust 1 ounce, alum 1 ounce, borax 3 drachms, cochineal 2 drachms, isinglass 6 drachms, oil of bergamot 30 drops, oil of neroli 30 drops, soft water 3 pints; boil the dust in the water, strain, and add all but the oils, boil again, strain through fine muslin, and when nearly cold add the oils.—[*Phila. Press.*]

Tarrant's Bloom of Youth—Prepared chalk 4 ounces, tincture of benzoin 1 ounce, alcohol 2 ounces, glycerine 2 ounces, otto of roses 20 drops, sufficient carmine to give the flesh tint as in the original.—[*Drug. Cir.*

Logan's Bloom of Youth—Ammonia water 2 drachms, carmine 2 drachms, rose extract 6 drachms, rose water 1 pint; place the ammonia and carmine in a quart bottle and set aside for 2 days, shaking occasionally; then add the other two and decant.—[*Phys. Cult.*

Weber's Ladies' Pride—White wax 2 ounces, honey 4 ounces, myrrh 1 ounce, rose water 6 ounces; melt the wax and honey over a water bath; while hot add the myrrh, and when nearly cold add the rose water and stir well.—[*Harp. Baz.*

Low's "Universal Skin Beautifier"—Alcohol 4 ounces, fresh lemon juice 1 pint, elder-flower water 4 ounces, glycerine 5 ounces, rose water 4 ounces, oil of lemon 1 drachm; heat the juice in a dish to very near the boiling point; to this gradually add the two waters, then the alcohol; stir well and after 24 hours' repose filter through paper and add the glycerine, and lastly the oil of lemon previously dissolved in a little of the alcohol. Directions call for its use in tan and roughness of the skin.—[*Era Anal.*

Nelaton's Beauty Bloom—Acetic acid (30% solution) 2 drachms, spirits of camphor 2 drachms, tincture of red sandalwood 5 drachms, alcohol 31 drachms, tincture of benzoin 2 drachms; mix thoroughly all but the last, and to the mixture add it little by little.—[*Det. Jour.*

"Sunlight" Flesh Enamel—Oxide of zinc 1 ounce, prepared chalk 1 ounce, glycerine 6 drachms, enough rose water to make 16 ounces in all, a little carmine to imitate the color. Used as a liquid rouge.—[*King's Anal.*

Meade's Bloom of Roses—Blanched sweet almonds 3 ounces, oil of sweet almonds 2 drachms, alcohol 5 ounces, white windsor soap 2 drachms, spirits of rose 1 drachm, rose water 1 quart; make an emulsion of the almonds, oil of almonds, soap and rose water, strain, and to the mixture add the alcohol and spirits.—[*Cadenzia.*

Haight's Bloom of Roses—Strong ammonia water 4 drachms, oil of cinnamon 2 drachms, triple extract of roses 4 drachms; dissolve the cinnamon oil in the ammonia, allow to stand 48 hours, and add the other two; leave it stand 7 days, and then run through filtering paper.—[*Graham's Anal.*

Edey's Blush of Roses—Precipitated chalk 6 drachms, glycerine 2 drachms, carmine 1 drachm, enough rose water to make 8 ounces in all. Used as a liquid rouge.—[*Syracuse Jour.*

Parker's Blush of Roses—Carbolic acid 15 drops, borax 1 drachm, glycerine 4 drachms, tannin 30 grains, alcohol 1 ounce, rose water 20 drachms; mix and agitate occasionally until all is dissolved; "apply night and morning," the directions read.—[*Ladies' Home Mag.*

Powers' Beauty Skin Tonic—Spirits of ammonia 1 ounce, spirits of camphor 1 ounce, coarse salt 20 drachms, boiling water 1 pint, alcohol 3 ounces, unite the first three with the water, and when the solution is cold add the alcohol; shake well each time before using—to be used on the face as a cosmetic wash.—[*Era Anal.*]

Guyssot's Le Masque du Mari—Beat the whites of two eggs to a cream with a little rose water, add 2 grains of alum and 2 grains of oil of sweet almonds, and beat together until it becomes a soft paste. This paste is spread upon a mask of thick unbleached muslin, which is fastened behind the head with tapes and left on all night; in the morning the face should be washed with a small, soft sponge dipped in tepid water; afterwards the face must be plunged into a basin of ice cold water and briskly rubbed with a soft towel.—[*La Temps, Paris.* This is the preparation made after the famous beauty recipe of the days of La Reine Margot of France (it is claimed) and is said will restore a faded complexion to all its pristine freshness.

Prof. Hart's Cosmetic—Prepared chalk 2 ounces, the purest glycerine 1 ounce, alcohol 5 ounces, water 3 ounces, extract of heliotrope 2 drachms; mix well.—[*N. Y. Elite.*]

Pasbi's Pearl Cosmetic—Rectified spirits 8 ounces, best windsor soap 4 ounces, oil of rosemary 2 drachms; shave the soap into fine ribbons and dissolve it in half a gallon of boiling water, stirring well for some time, and allow it to cool; then stir in the others.—[*Dick's Encyc.*]

Hartman's Pearl Cosmetic—Oil of sweet almonds 3 ounces, prepared lard 3 ounces, benzoated lard 1 ounce, white wax 2 ounces, oxide of zinc 80 grains, oil of bergamot 20 drops, otto of roses 10 drops; melt the almond oil, prepared lard and wax over a water bath; in another vessel, at the same time, melt the benzoated lard and oxide, and when both mixtures are thoroughly melted, unite them; while cooling stir constantly, and lastly add the perfume.—[*Cheerful Moments.*]

Rouff's White Cosmetic—White wax 2 ounces, benzoated suet 1 pound, paraffine 8 ounces, oil of bergamot 1 ounce, oil of lavender 1 drachm, oil of cassia 1 drachm; melt the first three together over a water bath, and while cooling add the perfumes.—[*Fam. Story Paper.*]

Champlin's White Cosmetic—Flake white 2 ounces, powdered borax 1 ounce, glycerine 1 ounce, bay rum 1 pint, otto of roses 20 drops, water 1 pint; mix and allow it to stand 24 hours before using.—[*Sat. Rev., Phila.*]

A Spanish Cosmetic—Extract of cocoa 64 ounces, oil of vanilla 2 ounces, white balsam of peru 1 drachm, alcohol 4 fluid ounces, benzoin flowers 30 grains, civet 30 grains, oil of cloves 1 drachm, oil of neroli 1 drachm, essence of roses 1 drachm, oil of behn 2 ounces, oil of noisette 2 ounces, bergamot water 8 ounces, citron

water 8 ounces; steep the extract and vanilla for 8 days in a hot place; dissolve the balsam in the alcohol, add the benzoin and civet, then the clove oil; mix the rose essence and neroli in the behn and noisette oils, then unite the two mixtures, and beat the whole well together in a large china bowl. Largely used by the creole women of the South.—[*New Orleans cor. "Household."*]

Serkis du Serail Cosmetic—Sweet almond paste 15 ounces, black balsam of peru 6 drachms, rye starch 9 ounces, potato starch 9 ounces, oil of jasmine 1 ounce, oil of orange flowers 1 ounce, otto of roses 1 ounce, essence of cinnamon 8 drops, essence of roses 8 drops; mix the powders and liquids separately in earthen vessels, then add the powder to the liquid little by little, mix thoroughly, and strain through muslin.—[*Dick's Encyc.*]

Lady Montague's Cosmetic—Powdered cascarilla 2 grains, muriate of ammonia 2 grains, almond emulsion 8 ounces, chlorate of potash 30 grains, rose water 8 ounces. This is a two-bottle preparation. Mix the first three items and apply with soft linen; then mix the other two and use it to remove the frightful discoloration produced by the first.—[*West. Drug.*]

Flint's Milk of Witch Hazel—Witch hazel 2 ounces, rose water 2 ounces, powdered borax 2 drachms, gum benzoin 2 drachms; mix the first two and into this solution dissolve the other two, and shake well.—[*Fireside Comp.*]

Harvell's Milk of White Roses—Simple tincture of benzoin 2 drachms, rose water 1 pint, otto of roses 5 drops; add the tincture to the water drop by drop, then stir in the oil and bottle. Claims to be a great wrinkle banisher.

Dr. Kay's Milk of Roses—White wax 2 drachms, spermaceti 2 drachms, hard soap 1 ounce, oil of sweet almonds 1 ounce, blanched and bruised sweet almonds 12 ounces, spirits of wine 1 pint, pearlash 1 drachm, oil of lavender 2 drachms, rose water 5 pints; dissolve the pearlash in 2 drachms of warm water; melt the wax, spermaceti, soap and almond oil together over a water bath; then pour all into a jar together with the other ingredients, stir thoroughly and allow it to stand 24 hours; then strain and bottle.—[*Home Talk.*]

Lucy Archer's Milk of Roses—White windsor soap 2 ounces, oil of sweet almonds 2 ounces, salts of tartar 1 drachm, alcohol 4 ounces, essence of roses 40 drops, boiling water 8 ounces; triturate the almond oil, soap, tartar and boiling water until thoroughly mixed; when cool add the others and also enough rose water to make 1 quart in all.—[*Mrs. Lucy Archer in Ladies' Mag.*]

Anderson's Milk of Roses—Lead-water 1 ounce, alcohol 5 ounces, lavender water 4 ounces, rose water 6 gills—all liquid measure; mix and agitate 2 days. This preparation should never be used on the face on account of the lead in it.—[*Jour. of Pharm.*]

Dunn's Milk of Almonds—Take 25 sweet almonds, a small piece of loaf sugar, orange-flower water 1 drachm, water 1 pint;

bruise the almonds in a mortar and pour the water over them by degrees; add to this the sugar to prevent a separation of the oil from the water, rubbing assiduously; strain through flannel slowly and add the perfume water.—[*Mrs. Clara Dunn in Phys. Cult.*

Mrs. Ramon's Milk of Cucumbers—Oil of sweet almonds 4 ounces, fresh cucumber juice 10 ounces, essence of cucumbers 8 ounces, powdered white castile soap 2 drachms, tincture of benzoin 2 scruples; put the essence, with the soap, into a large bottle, the larger the better, as the mixture requires much shaking; after a few hours, when the soap is dissolved, add the cucumber juice; shake until thoroughly mixed, then pour into an earthen bowl and add the benzoin tincture little by little, stirring constantly until you have a creamy liquid. The juice of the cucumber for this purpose is obtained by slicing them very thin, skin and all, put them into a very little water and simmer slowly until soft and mushy; strain through a fine sieve and then through a cloth. Make the essence of cucumber by putting 3 ounces of the juice thus obtained into the same quantity of high-proof alcohol, allow it to stand 24 hours and filter through paper.—[*Mrs. Jennie Ramon in West. Rural.*

Eimer's Cucumber Milk—Oil of sweet almonds 1 ounce, strained honey 1 ounce, cucumber juice 2 ounces, essence of cucumbers 2 ounces; may be scented with violets to imitate.—[*Era Anal.* To prepare the juice and essence of cucumbers use the same process as in the foregoing.

Pomades and Lotions

Mrs. Miller's Face Pomade—Lanoline 60 drachms, cocoa butter 60 drachms, tincture of vanilla 8 drachms, tincture of benzoin 3 drachms, tincture of capsicum 1 drachm; before retiring rub the face well with a bit of dry flannel until the skin is red and then spread over it a good layer of the pomade, leaving it on until morning; then wash off with pure castile soap and tepid water.—[*Mrs. Jennie Miller in Home Mag.*

Klahr's Face Pomade—Lanoline 30 drachms, glycerite of starch 50 drachms, oxide of zinc 5 drachms, tincture of benzoin 8 drachms, essence of roses 3 drachms; just before retiring wash the face with tepid water and cologne or alcohol, using 50 drops of the cologne or alcohol to a glass of water; wipe the face off gently and put on a thin layer of the pomade; in the morning wash off with warm water.—[*Mrs. Clara Klahr in Ladies' Home Jour.*

McGill's Cucumber Pomade—Spermaceti 1 pound, benzoated lard 3 pounds, essence of cucumbers 8 ounces; melt the lard and spermaceti together, then keep it constantly in motion while it cools; now heat the mixture in a mortar, gradually adding the essence; continue a slow heat until the essence is evaporated and the pomade is beautifully white.—[*Rosa McGill in Phila. Chron.*

Dr. Webster's Glycomine—Glycerine 5 ounces, yolk of eggs

4 ounces, oil of bergamot 20 drops; rub well to the consistency of honey.—[*King's Form.*]

Mrs. Carey's Face Paste—Finely sifted oatmeal 4 ounces, yolks of 2 eggs, oil of sweet almonds 1 ounce, rose water 1 ounce, saturated solution of alum enough to make all into a thin paste; spread this over the skin at night and remove by washing with warm water in the morning; immediately afterward anoint with some good cold cream, rubbing into the skin thoroughly. The contributor of this recipe recommends ordinary sweet cream.

Lavender-flower Lotion—Ammonia water 1 ounce, alcohol 8 ounces, oil of lavender 2 drachms; mix, and add a teaspoonful of the lotion to a basin of water when bathing the face; at night, use a good complexion brush and pure castile soap, rinsing the face carefully, and applying one of the skin foods given on other pages.

Orange-flower Lotion—Orange-flower water 1 pint, tincture of benzoin 10 drops, powdered borax 1 drachm; dissolve the borax in the water and add the tincture drop by drop, stirring well; use on the skin freely, especially during the summer.

Elder-flower Lotion—Elder-flower water 1 quart, tincture of benzoin 1 ounce; add the tincture slowly to the water drop by drop, stirring all the while; put a few drops of the lotion in the water with which you bathe the face.

Cucumber Face Lotion—Powdered borax 175 grains, acetate of sodium 90 grains, quillaja $2\frac{1}{2}$ fluid ounces, tincture of benzoin 4 fluid ounces, rose water 16 ounces; use fresh cucumber juice, strained, and bring to a boil as soon as possible; cool down quickly and to every 5 fluid ounces of the juice add the foregoing quantity, mixing carefully.—[*Clara Jones in Ladies' Mag.*]

May's Balm of Mecca—Balsam of tolu 1 ounce, alcohol 1 pint, oil of lemon 1 drachm; shake occasionally for 2 weeks; use as a wash for the complexion.—[*Dick's Encyc.*]

Pearl Drops for the Face—Best windsor soap (scraped fine) 1 pound, spirits of wine 1 pint, oil of rosemary 4 drachms; put the soap into 2 quarts of boiling water and stir until it cools; then add the spirits and oil and again stir well. A good cosmetic and will also remove freckles.—[*Bul. of Med. World.*]

Mrs. Potter's Face Lotion—Tincture of benzoin 1 ounce, glycerine 1 ounce, juice of 1 lemon; mix and then unite it slowly with a cupful of boiling water, stirring all the while; put into small bottles for use.—[*Mrs. Amy Potter in Lloyd's Mag.*]

Almond Lotion for the Face—Sweet almonds (blanched) 32 grains, bitter almonds (blanched) 10 grains, benzoate of soda 1 grain, pure water 3 drachms; make an emulsion of the first two with the water by pounding, rubbing and mashing, and then work in the soda thoroughly.—[*Dick's Encyc.*]

Cascarilla Face Lotion—Powdered cascarilla 2 grains, muriate of ammonia 2 grains, emulsion of sweet almonds 8 ounces; apply with a soft handkerchief. A good, harmless lotion for whitening and softening the skin.—[*Drug. World.*]

Ointment of Elder Leaves—Fresh elder leaves 1 pound, fresh lard 1 pound, well-rendered mutton tallow 12 ounces; simmer the first two over a moderate fire until the leaves are crisp, strain and press; then add the tallow and again melt all together over a water bath, stir well, put into small jars and put away to cool; may be scented with a little of any desired perfume; useful for sunburn, chaps, roughness of the skin, etc.

Solidified Glycerine for Toilet Use—Take transparent soap 1 ounce, water 4 ounces, inodorous glycerine 24 ounces; dissolve the soap in the water over a water bath, adding an equal weight of glycerine; when dissolved and thoroughly mixed add the remaining glycerine and sufficient water to make up the weight; when nearly cold, add any desired perfume and pour into jars or cups. It has a very pale amber color, is transparent, melts easily on the skin, and leaves no residue.—[*Prac. Pharm.*]

Toilet Jellies

Benzoin Cream Jelly—White gum tragacanth 120 grains, glycerine 1 ounce, tincture of benzoin 2 drachms, powdered borax 120 grains, white rose extract 4 drachms, soft water 14 ounces; macerate the gum in the water until perfectly soft and dissolve the borax in the glycerine; mix the two solutions, add the tincture and strain through muslin by expression.—[*Tilden's Form.*]

Hall's Soap Toilet Jelly—Take of good, pure soap all the odd bits you have and pound them in a bit of strong linen; put this powdered soap in a double boiler and cover with hot water; add half a teaspoonful of borax, half a teaspoonful of oatmeal (very fine) and a tablespoonful of witch hazel; melt all, stir thoroughly and pour into a jar.—[*Mrs. Alice Hall in Comfort.*]

Hitchcock's Toilet Jelly—Gelatine 4 drachms, glycerine 6 fluid ounces, tincture of calendula 1 fluid drachm, triple extract of roses 1 fluid ounce, water to make 1 pint in all; dissolve the first in 6 ounces of the water, add the glycerine and warm to a gentle heat; then add the tincture and extract, and balance of water to make in all 1 pint; fill into jars while yet warm.—[*King's Anal.*]

Ballinger's Toilet Jelly—Gelatine 140 grains, glycerine 6 ounces, salicylic acid 12 grains, whites of eggs 6 drachms, rose water 6 ounces; soak the gelatine in the rose water a few minutes, and then dissolve over a water bath; next add the eggs and beat until almost cold; then add the glycerine and acid, beat up thoroughly, and filter through a hot funnel.—[*Phila. Drug. Bul.*]

Dr. Knecht's Toilet Jelly—Castile soap 140 drachms, glycerine 210 drachms, expressed oil of sweet almonds 1680 drachms, oil of thyme 1 drachm, oil of bergamot 8 drachms, otto of roses 2 drachms; mix the first two in a mortar or china bowl and to it gradually add the almond meal, and then the perfume.—[*Med. News.*]

Mrs. Higbee's Toilet Cream Jelly—Quince seed 60 grains, powdered borax 60 grains, glycerine 2 ounces, spirits of camphor 1 ounce, oil of bitter almonds 10 drops; macerate the quince seed for several hours with the water, strain, add the glycerine and in the mixture dissolve the borax; dissolve the oil in the spirits of camphor and gradually add to it the mucilage and mix thoroughly.—[*Mrs. Charlotte Higbee in "Everywoman."*]

Mrs. Finley's Toilet Jelly—Mucilage of Irish moss 4 fluid ounces, glycerine 6 fluid ounces, witch hazel water 4 fluid ounces, cologne water 2 fluid ounces, sodium borate 30 grains; dissolve the latter in the witch hazel water, mix with half the glycerine and also with the cologne, and then add slowly to the mucilage previously mixed with the other half of the glycerine; after standing a few hours, strain.—[*Mrs. Clara Finley in Tol. Blade.*]

Mrs. King's Witch Hazel Jelly—Gelatine 1 ounce, glycerine of borax 16 ounces, distilled witch hazel extract 32 ounces, distilled rose water 8 ounces, orange-flower water 7 ounces; suitable to put up in collapsible tubes. Very soothing and healing.—[*Vera C. King in Easton Jour.*]

Boro-Glycerine Jelly—Whole tragacanth 50 grains, glycerine 2 ounces, alcohol 1 ounce, boric acid 80 grains, soft water 13 ounces; macerate the tragacanth in the water until perfectly soft; strain by expression through muslin; dissolve the acid in the glycerine by the aid of heat; add to the mucilage, then incorporate the alcohol; perfume to suit, and add, if necessary, enough water to make 16 ounces.—[*Drug. Cir.*]

Richman Bros.' Toilet Jelly—Fluid extract of arnica $3\frac{1}{2}$ ounces, glycerine of starch $28\frac{1}{2}$ ounces; scent and color to imitate.—[*Dick's Encyc.*]

Browning's Toilet Jelly—Glycerite of starch $28\frac{1}{2}$ ounces, fluid extract of calendula $3\frac{1}{2}$ ounces, oil of roses enough to perfume, and carmine solution enough to tint. It is found in the market in collapsible tubes.—[*Era Anal.*]

Almond Meals

Hamlin's Almond Meal—Sweet almonds (blanched and powdered) 8 ounces, white castile soap (dried and powdered) 4 ounces, powdered orris root 1 ounce, finely powdered pumice-stone 3 ounces, oil of bitter almonds 1 fluid drachm; mix well and pass through a fine sieve.—[*Dr. C. Hamlin in Jour. of Health.*]

Warner's Almond Meal—Sweet almonds (blanched and powdered) 8 ounces, wheat flour 8 ounces, powdered orris root 2 ounces, oil of lemon 2 fluid drachms, oil of bitter almonds 8 drops; triturate the oils with the powders until thoroughly mixed and then sift.—[*King's Anal.*]

Allen's Almond Meal—Powdered castile soap 1 ounce, wheat

flour 4 ounces, powdered borax 1 ounce, oil of bitter almonds 10 drops, oil of bergamot 2 fluid drachms; treat as foregoing.

Belding's Almond Meal—Sweet almonds (blanched and in fine powder) 9 ounces, bean flour 9 ounces, finely powdered orris root 4 ounces, powdered white castile soap 3 ounces, spermaceti 6 drachms, dried carbonate of soda 4 drachms, oils of bergamot, lemon and lavender flowers of each 1 fluid drachm; mix all intimately to form a fine powder, and sift.—[*Carter's Anal.*]

Hood's Almond Meal—Sweet almonds (blanched and powdered) 2 ounces, bitter almonds (blanched and powdered) 1 ounce, powdered orris root 7 ounces, talcum powder 5 ounces, powdered white castile soap 1 ounce, powdered borax 100 grains, oil of bitter almonds 10 drops, oil of neroli 10 drops, tincture of musk 10 drops; mix after the manner of the foregoing.

Toilet Vinegars

Hartnett's Toilet Vinegar—Extract of cassie (not cassia) 2 ounces, orris root 12 drachms, white wine vinegar 8 ounces, extract of neroli bigarde 6 drachms, triple essence of roses 12 drachms; mix, bottle and cork tightly for 3 days, and then filter.—[*Era Anal.*]

May's Toilet Vinegar—Strong acetic acid 160 drops, alcohol 6 ounces, essence of bergamot 20 drops, essence of ambergris 4 drachms, essence of vanilla 30 drops, oil of neroli 30 drops; mix and bottle for 2 days.—[*Med. News.*]

Ward's Toilet Vinegar—Malt vinegar 1 quart, cognac brandy 1 pint, rose water 1 quart; mix, allow to stand 2 days before using.—[*Clara Ward in Ladies' Home Mag.*]

Aromatic Spirits of Vinegar—Pure acetic acid (No. 8) 4 ounces, camphor 4 drachms, oil of lemon 1 drachm, oil of lavender flowers 1 drachm, oil of cassia 30 drops, oil of cloves 30 drops; dissolve the camphor in the acid, then add the others and keep in well-stoppered bottles.—[*Dick's Encyc.*]

Various Skin Imperfections

For Sallow or Muddy Skin—Elder-flowers 1 ounce, fresh lard 4 ounces, pure apple vinegar 1 tablespoonful, gum camphor size of a pea, oil of sweet almonds 10 drops, lavender water 1 ounce, eau de cologne 1 ounce; place the first four into a bottle, cork it tightly and stand in boiling water for 3 hours; strain and add the others; shake well before using; apply twice daily for a month, first washing the face with warm water and pure castile soap, being careful to dry well; rub the mixture in gently and afterward apply a little powder.—[*Dr. John Morrow in West. Med. News.*]

Or, try this: Iodide of potassium 2 drachms, glycerine 1 ounce, rain water 1 pint; apply daily with a small sponge and take something to arouse the torpid liver.

As an internal remedy, take a teaspoonful daily of equal parts of the fluid extracts of senna and dandelion.

The Phila. Med. Times says: "When the complexion is sallow the liver undoubtedly is not doing its proper work in eliminating the poisons. Take a teaspoonful of phosphate of sodium in half a glass of water each morning. This will act directly on the liver. Drink plenty of water between meals to flush the body. Take care of the face by using a cleansing cream each night and a massage once a week will keep the complexion clear."

For a Rough, Dry Skin—Oil of sweet almonds 2 ounces, sweet oil 1 drachm, white wax 1 drachm, windsor soap 1 drachm, alcohol 1 ounce, rose water 3 gills, essence of bergamot 1 drachm, essence of lavender 9 grains, essence of roses 5 grains; first scrape the soap into ribbons and dissolve in the alcohol and then add the others, shaking well until thoroughly mixed; mix some with pure, soft water and bathe the face occasionally.—[*Chi. Health Jour.*]

Or, try this: Oil of bitter almonds 1 drachm, fresh butter (unsalted) 4 drachms, fresh lard 4 drachms, mutton tallow 2 drachms; wash the face in rose water and then anoint with the mixture.—[*Clark's Toilet Rec.*]

Or, take borax 7 drachms, glycerine 6 ounces, orange-flower water 1 quart; bathe the face occasionally.

Or, carbolic acid 15 drops, acetic acid 30 drops, gelatine 1 ounce, hot water 8 ounces; dissolve the gelatine in the hot water, add the other ingredients and pour into small bottles, which should be kept tightly corked; apply to the face and hands at bedtime.

For Inflamed Skin—Boric acid 1 drachm, distilled witch hazel 4 ounces; apply with a piece of old linen or a bit of absorbent cotton.—[*Dr. John Morrow.*]

For Burning and Itching Skin—Hydrate of chloral 2 grains, bromide of potassium 10 grains, warm soft water 10 drachms; wash the face night and morning.—[*Med. News.*]

The itching sensation of the skin is generally caused by a poor condition of the blood; and the best thing to do is to have your physician give you a tonic that will at the same time purify the blood.—[*Dr. Geo. M. Beard.*]

Or, take a warm water bath every night on retiring, into which a little baking soda has been dissolved.

To Restore Shrunken or Flabby Skin—Oil of sweet almonds 6 ounces, white wax 3 ounces, tincture of benzoin 6 drachms, pulverized tannin 6 drachms, rose water 6 drachms; melt the wax and almond oil together over a water bath, dissolve the tannin in the rose water, then unite the two solutions; to this add the benzoin drop by drop and stir continually while doing so. This pomade should not be used as a massage cream but to be applied after massage.—[*Drug. Cir.*]

A Shining, Greasy Skin—This condition is caused by the want of elasticity in the glands, which either secrete abnormal quantities

of oily matter, in excess of natural use, or are blocked at their orifices. Greasiness of the skin alone constitutes a very ugly and often very persistent malady. Stimulating astringent washes are needed, in order to restore tone and vitality to the relaxed glands. For this purpose use the "Rose Vinegar for Pimples" given under that head. In some cases it may be necessary to wash the face with soap, as otherwise the greasy state of the skin would prevent the beneficial operation of the astringent.

Try this lotion: Bicarbonate of soda 36 grains, essence of portugal 12 drops, distilled water 1 pint; mix and bathe the face occasionally.

Or this: Acetate of zinc 4 grains, cold cream 2 ounces, essence of roses 20 drops; apply at night with moderation.

Or this: Cucumber juice 3 ounces, witch hazel 3 ounces, boro-glyceride 1 ounce, oxide of zinc 4 drachms, rose water 6 drachms; mix and bathe the face on retiring and wash off with warm soft water in the morning.

"Wood's Odol" is made by taking: Alcohol (95%) 150 grains, sulphuric ether 50 grains, tincture of benzoin 2 grains, salicylic acid 1 grain, tincture of vanilla $\frac{1}{2}$ grain, essence of bergamot 6 grains; wash the face 3 times a day with tar soap and hot water; after each bath rub the face with a cloth dipped in hot water, rinsed out and then dipped in a few drops of the lotion.

Elder-flower water 1 pint, tincture of benzoin 1 ounce; add the tincture to the water drop by drop and stir well; cleanse the face at night with a cleansing cream; in the morning bathe with hot and then with cold water, but no soap; dry the face and then use the lotion, following with a good face powder.—[*Ladies' Mag.*

To a quart of camphor water, add 1 ounce of pure glycerine and 4 drachms of powdered borax; apply night and morning, allowing it to dry on; half an hour later wash off with soft water.

Borax 1 drachm, hazeline 3 ounces, hot water 1 ounce; bathe the face and hands occasionally.

Chlorate of potash 36 grains, glycerine 2 ounces, rose water 1 pint; apply with a sponge or bit of linen; best to apply on retiring; should it irritate the skin, dilute with soft water.

Banish all rich and greasy foods, for diet has a great influence on the condition of the skin.—[*Med. Times.*

Wiping off the face occasionally with diluted alcohol (25% strength) is beneficial.

A few drops of ammonia in the water with which the face is bathed may be tried.

Boracic acid 1 drachm, distilled witch hazel 2 ounces, rose water 2 ounces; apply occasionally until desired results are obtained.

Camphor water will dry up the oil on the skin.

Ohio Med. Times: "An oily, flushed complexion shows the need of reform in general every-day living. Learn a little about hygiene and that sort of thing. Unwise eating will make the skin oily, red and coarse."

To Whiten a Red, Sensitive Skin—Precipitated sulphur 1 drachm, ether 4 drachms, alcohol 28 drachms; rub on the face night and morning with a soft, white flannel cloth; keep it away from the fire or lamp while using, as the fumes are highly inflammable; shake well before applying.—[*Phila. Med. Times*.]

For Excessive Red Face—Distilled water of belladonna leaves 200 drops, tincture of spirits of cocoa 100 drops, sulphate of esparto 2 drops; mix; if you use alcoholic drinks, stop it; wash the face twice a day with a small sponge dipped into boracated water, then mop it 3 times a day with the lotion.—[*Prac. Pharm.*]

Here is another: Equal parts of precipitated sulphur, purified glycerine, precipitated chalk, laurel-water and rectified alcohol; wash the face every night in tepid bran-water, then rub the mixture in thoroughly; keep the face covered for an hour or so afterward with a thin mask of gutta percha; follow with a vegetable diet and drink alkali waters.—[*Ohio Med. Jour.*]

Powdered sulphur 2 drachms, powdered starch 5 drachms, oxide of zinc ointment 3 ounces, oil of roses 6 drops; make into an ointment and smear over the face thoroughly every evening.

Tannic acid 15 grains, camphor water 5 ounces; apply several times a day. If you are suffering from indigestion, look well to the cause and have it removed.

Powders and Rouges

To use powder on the face so that it will not show, it is necessary to first rub a cleansing cream well into the skin; then wipe it off with a piece of soft linen. After you apply the powder, take a soft handkerchief and rub the face gently, until no trace of the powder is apparent upon the skin. At night use the cleansing cream again, being sure to get all of the powder out of the pores; then apply a massage cream for the night. An important thing to remember is, that face powder should not be left on too long, but a fresh application made whenever convenient.

Common Face Powder—Powdered French chalk 1 ounce, carmine to color; as with all face powders, it should be sifted several times through fine sifting-cloth.

Face Powder for Blondes—Finest corn starch 1 ounce, best quality oxide of zinc 3 ounces, oil of rose 3 drops; mix thoroughly and sift twice through fine bolting cloth.

Face Powder for Brunettes—Finest corn starch 1 ounce, best quality oxide of zinc 3 ounces, powdered orris root 2 ounces, oil of rose 10 drops; prepare as foregoing.

White Geranium Face Powder—Powdered corn starch 8 ounces, powdered orris root 1 ounce, oil of geranium 15 drops.

Lily Face Powder—Finest wheat starch 1 pound, powdered orris root 3 ounces, oil of lemon 30 drops, oil of bergamot 15 drops, oil of cloves 15 drops; the perfuming oils should be "rubbed" into

the dry powders until they are mixed with every portion of the preparation, which is known as "trituration."

Violet Face Powder—Finest corn starch 10 pounds, powdered orris root 5 pounds, oil of bergamot 3 drachms, oil of lemon 3 drachms, oil of cloves 75 grains, oil of neroli 75 grains; triturate together until well mixed.

Universal Face Powder—Subnitrate of bismuth 2 ounces, carbonate of magnesia 1 ounce, prepared chalk 1 ounce; prepare and sift as usual.

Anderson's Face Powder—Subcarbonate of bismuth 3 drachms, pure oxide of zinc 1 ounce, powdered talcum 10 drachms, precipitated chalk 10 drachms, wheat starch 14 drachms; prepare as usual.

Ideal Face Powder—Oatmeal (very finely sifted) 8 ounces, oxide of zinc ointment 2 ounces, essence of violets 3 drachms, oil of rose 20 drops; prepare as usual.

Seneca Face Powder—Powdered tale 1 pound, extract of jasmine 6 drachms, extract of musk 2 drachms, oil of rose 8 drops; prepare as usual.

Eureka Face Powder—Rice powder 8 ounces, talcum powder 8 ounces, carbonate of magnesia 1 ounce, carmine (to color) 4 grains; prepare as usual. Very good and easily made.

Frey's Pearl Powder—Powdered tale 8 ounces, powdered boric acid 4 drachms; prepare as usual.

Peach's Pearl Powder—White oxide of bismuth 4 drachms, finely powdered and sifted corn starch 2 ounces.

Mrs. Allen's Pearl Powder—Rice flour 3 ounces, rice starch 3 ounces, carbonate of magnesia 12 drachms, pulverized boric acid 6 drachms, powdered orris root $\frac{3}{4}$ drachm, essence of citron 7 drops, essence of bergamot 7 drops; mix the essences first with the magnesia by rubbing together, then add the others and sift well.—[*Mrs. Josie Allen in Home Mag.*]

Rouge au Natural—Alcohol 1 pint, gum benzoin 4 drachms, red sandalwood 1 ounce, brazilwood 4 drachms, alum 4 drachms; put all together in a bottle, cork tightly, and agitate thoroughly once a day for 10 days.

Benson's Face Rouge—Prepared white chalk 400 grains, eosin 1 grain, gum tragacanth 40 grains, essence of bergamot 2 drachms; dissolve the gum in just sufficient water, then add the others and shake until all are thoroughly dissolved and united.

Common Red Rouge—Carbonate of magnesia 4 ounces, pure carmine 1 ounce. Good and perfectly harmless.

Diamond Rouge—White lead 14 drachms, pure powdered arrowroot 1 ounce, magnesia 1 drachm, oil of bergamot 1 drachm; color with carmine to imitate; not a safe preparation.—[*King's Anal.*]

Devoux's French Rouge—Oil of sweet almonds 2 drachms, French chalk 4 ounces, carmine 1 drachm.

Haight's Liquid Rouge—Tincture of benzoin 1 ounce, tincture of tolu 10 drops, glycerine 4 drachms, rose water 2 ounces; allow to stand 48 hours before using, then bottle.

Mad. Ruprecht's Liquid Rouge—Oxide of zinc, carbonate of magnesia and finely powdered talcum of each 1 drachm, glycerine 4 drachms, rose water enough to make in all 4 ounces; rub well together the first three, then add the glycerine, stir well, and gradually add the rose water.—[*Dick's Encyc.*]

Mad. May's Liquid Rouge—Oxide of zinc 3 drachms, precipitated chalk 2 drachms, spirits of bergamot 10 drops, alcohol 3 fluid drachms, water 2 fluid ounces, carmine solution to imitate the original; apply with a soft sponge, and each night before retiring cleanse the face with a cleansing cream.—[*Drug. Cir.*]

Strawberry Foam Rouge—Fresh strawberries 3 quarts, distilled water 1 pint, deodorized alcohol 12 ounces, best Russian isinglass (dissolved) 30 grains, pure carmine 15 grains, oil of rose 4 drops, oil of neroli 2 drops; place the strawberries and distilled water in a jar and set in a saucepan of water over a slow fire to boil for 2 hours, strain through a fine sieve when it is cold, and then add the others; keep in the dark, closely corked, and in a cool place.—[*Mrs. Rose King in Farm World.*]

Randolph Reid's Ointment Rouge—White wax 80 grains, spermaceti 80 grains, white petrolatum 3 ounces, eosin 32 grains, oil of bergamot 30 drops; melt the wax and spermaceti together over a water bath, and add the petrolatum; stir well, add the eosin, and again stir well; when nearly cold add the perfume and beat up until cold.—[*Era Anal.*]

Dr. Clark's Beauty Powder—Rice powder 7 ounces, pure oxide of zinc 2 ounces, precipitated chalk 2 ounces, talcum powder 1 ounce, powdered orris root 1 ounce, oil of rose 30 drops.

Shaull's Beauty Powder—Finest wheat starch 50 ounces, ultramarine blue 2 drachms, essence of roses 1 drachm, oil of orange flowers 30 drops.

Chapeaux's Beauty Drops—Tannin 5 grains, camphor 2 grains, alum 5 grains, alcohol 50 grains, rose water 250 grains; dissolve the first three in the alcohol and then add the rose water.—[*Era Anal.*]

Dr. Chase's Pearl Drops—Oil of sweet almonds 4 ounces, white wax 2 drachms, terebinthe of mecca 3 grains, flour of zinc 1 drachm, rose water 6 ounces; melt all except the rose water over a water bath and when nearly cold add it gradually, stirring well while doing so.—[*Dr. Chase's Rec.*]

Rose Liquid Pearls—Oil of sweet almonds 2 ounces, rose water 1 gill, oil of tartar 20 drops, enough carmine to color.

Dupree's Rose Powder—Powdered wheat starch 4 ounces, tincture of musk 10 drops, oil of rose 20 drops.

Dr. Day's Talcum Powder—Carbonate of magnesia 1 ounce, oxide of zinc 7 ounces, powdered talcum 11 ounces, oil of millefleurs 25 drops.

Hygienic Talcum Powder—Farina starch 50 grains, powdered talcum 20 grains, powdered lycopodium 20 grains, salol or boric acid 10 grains, essence of violets 20 grains; prepare as usual.

Deep Red Theatrical Paint—Oxide of zinc 15 drachms, subnitrate of bismuth 15 drachms, plumbate of alumina 15 drachms, solution of ammonia 80 drops, carmine 30 grains, camphor spirits 12 grains, oil of peppermint 12 drops, essence bouquet $1\frac{1}{2}$ drachms; oil of sweet almonds enough to make a paste; dissolve the carmine in the ammonia solution; mix the first three together and then unite the two mixtures; next add a sufficient amount of almond oil to form a paste, and then stir in the two perfumes.—[*Violin World*.

Black Theatrical Paint—Drop black 2 drachms, oil of sweet almonds 2 drachms, oil of cocoanut 6 drachms; mix, perfume if desired, and roll into sticks.—[*Nat. Movie Mag.*

Skin Color Theatrical Paint—Precipitated chalk 20 drachms, oxide of zinc 20 drachms, camphor 20 grains, vermilion 3 drachms, tincture of saffron 2 drachms, powdered orris root 5 drachms, oil of peppermint 20 drops, essence bouquet $1\frac{1}{2}$ drachms, oil of sweet almonds enough to make paste; unite and stir until thoroughly mixed.—[*Modes*.

Liquid Red Paint—Rose-leaf water 25 drachms, gum arabic mucilage 3 drachms, glycerine 100 drachms, eosin $\frac{1}{2}$ drachm, essence of violets 2 drachms; dissolve the eosin in the water; mix the glycerine and mucilage and unite the two; then stir in the perfumes.—[*N. Y. Smart Set*.

White Grease Paint—Subnitrate of bismuth 12 drachms, vaseline 6 drachms, essence of colorless bergamot 15 drops; mix well.

Rose Grease Paint—Vaseline 15 drops, ceresin 3 drachms, carmine 30 grains, essence of violets 10 drops; mix well.

The best manner of applying all grease paints (which is generally used for stage purposes) is to first bathe the face thoroughly with cold cream; that is, rub it on well. Then take off what remains on the surface of the skin gently with a fine cloth; after that, spread over the face as evenly as possible some of the desired paint. Then this may be followed by a touch-up in powder of some sort, if desired.—[*Theat. World*.

Suggestions—A very delicate face powder is made of powdered oleate of zinc 1 ounce, powdered corn starch 1 ounce, oil of rose 6 drops; sift through fine bolting cloth several times.

Lycopodium powder is one of the best cooling and drying agents to apply to the skin.

A cream-colored powder is the best for one having a dark or olive complexion.

No better powder for the face is manufactured than pure corn starch, such as is used in cooking; it gives the desired smoothness to the face and is perfectly harmless.

Crushed geranium leaves are frequently used as a substitute for rouge.

Rubbing the cheeks with a dampened red envelope produces fairly good results, and is often resorted to in order to give color. The juice of ripe strawberries tinge the cheeks nicely.

Bathing with hartshorn, and nightly applications of cold cream, will preserve a clear olive complexion without whitening it.

If you bathe with buttermilk for the complexion, rub the buttery particles into the skin.

Two simple articles should be found on every toilet table—the carbonate of ammonia and powdered charcoal; always keep the ammonia well corked.

An astringent wash, made of equal parts of pure bay rum and distilled water, should be used after massage for bathing the face.

Bathe the face first in hot water, then in cold; this will bring the blood to the surface and give the cheeks a rosy appearance.

Into a gallon of water, dissolve a tablespoonful of borax; the water will be soft and soothing to the skin.

Don't use benzoin daily on your face; even if diluted, as, of course, it should be, it is bad for the skin if used too frequently; once a week is often enough; then put a little in the cold water with which the face is rinsed—about a fourth of a teaspoonful to a scant quart of water.

Never bathe the face with cold water when you are very warm; use warm water first, and then a toilet water made of eau de cologne 3 ounces and distilled water 6 ounces.

Salt water acts as a tonic to the skin; gently spatted on the face it will help make the cuticle firm.

Bathe the face twice a day, night and morning, with milk and warm water—1 part milk to 2 of water.

Lard alone is not good for the skin—it is too oily. Oil of sweet almonds mixed with mutton tallow to the consistency of an ointment is better.

Retiring at night with the face grimy with dirt and coal-dust, that naturally accumulates on it during the day, induces a muddy complexion and the formation of blackheads.

Bay rum, when used to cleanse the face, should be diluted with fully two-thirds water.

For the face, oatmeal made into a paste with 2 parts of glycerine to 1 part of water may be applied at night under a mask as a complexion improver.

It is claimed that the red pulp (crushed) of watermelon rubbed on the face will take off sunburn, while the application of the crushed white pulp next to the red meat will remove the stickiness and give a softness to the skin—and that it is much used in the South for this purpose.

Working by way of the stomach, a free use of fresh tomatoes and figs is recommended to clear the skin.

At night, to harden the skin of the face, bathe it with a cold infusion of sorrel.

To make the cheeks red, beat well together a fourth of a cupful of thick, sour cream and a heaping teaspoonful of baking soda; then to this add a teaspoonful of lemon juice; apply to the face with a bit of cloth, allow it to remain half an hour, then wash it off with good tar soap and warm water.

For rash on the face, better see a physician; yet 3 parts of white vaseline to 1 part of bismuth make an old and well known ointment for skin disease.

The use of pure olive oil on the skin is sure to make it dark in time.

For an oatmeal wash for the face, put 1 pound of oatmeal into a linen bag and add 3 pints of cold, soft water; hang up and allow to drip 4 to 6 hours; to the fluid thus obtained add 1 ounce of glycerine and 2 ounces of alcohol.

Milk well salted, used externally as a beautifier, is a wash that makes the skin fine-grained and clear; it is an English remedy as old as the hills.

If the skin is like parchment, melt together equal parts of white vaseline and oil of sweet almonds and use on the face daily.

If the skin feels drawn, mix boracic acid 1 drachm, distilled witch hazel 2 ounces and rose water 2 ounces; use as a wash 2 or 3 times a day.

To remove scars, lightly massage iodinated almond oil into the skin; the pits from smallpox will be greatly benefited by this treatment.

A good cream to soften the skin: Biborate of soda 10 grains, glycerine 80 grains, orange-flower water 920 grains.

For the complexion, cut a ripe tomato in halves and rub it well into the skin; leave it on over night.

For a cucumber face lotion, steep a sliced-up cucumber in water until it becomes transparent; strain, bottle and add a little borax and about 1 drop of tincture of benzoin to $\frac{1}{2}$ pint of the lotion.

Cucumbers alone, sliced in spirits of diluted alcohol, are also valuable for whitening, softening and clearing the skin.

To a considerable extent the complexion is made or marred by food and drink; too much meat and rich dishes with but little green vegetables will inevitably affect the color of the skin, rendering it muddy and pasty or red.

A teaspoonful of flowers of sulphur taken every morning for a week, omitted three mornings, then taken again, is an old and good remedy for a bad complexion. If it brings more black spots and pimples to the face for a time, a mixture of powdered brimstone in diluted glycerine to make a salve rubbed on the spots in connection with the other treatment will soon drive them away. Wash this off carefully in the morning.

The "Rose Bath for the Complexion," which has been handed down through many generations, is made by taking a handful

of fresh rose petals and slicing a cucumber upon them; cover with rose water and place over a water bath and allow to heat; then take off, strain well, let cool and add a few drops of glycerine.

A very small dose of extract of dandelion root (*taraxacum*) every other night for 2 or 3 weeks will have a good effect on the complexion if it is yellow or muddy.

To clear the complexion with charcoal, take a teaspoonful of it powdered (well mixed with honey, or molasses, or water) for 3 nights in succession, then follow with a simple cathartic to remove it from the system. Do not fail to follow it with a cathartic.

A severe chill deadens the skin, paints blue circles around the eyes, and produces roughness of the skin.

Rub the milky juice of the garden lettuce over the face at night and wash off in the morning in a weak solution of ammonia, to clear the skin.

Buttermilk is good to clear the complexion, but great care must be taken afterwards as it makes the skin very tender and it tans much easier.

The brunette type indicates much iron in the system, and the bilious secretion is sluggish; the blonde is more apt to be dyspeptic, and subject to disturbances of the blood—from these causes result pimples, freckles largely, and the stippled skin.

A strong decoction of the root of solomon's seal (a native plant found growing in the woods in all sections of the United States) is said to be good as a wash for the complexion.

Only vegetable reds are safe to use on the face, such as those made from cochineal, safflower, carthamus, sandalwood and brazilwood; but the mineral reds, such as minium (red-lead) and cinnabar (vermilion—a sulphuret of mercury) are poisonous.

A brown cosmetic is made by taking burnt umber, finely ground, and mixing with the smallest possible quantity of linseed oil, and then adding lard.

For a black cosmetic, use lampblack instead of the umber and treat in the same way.

When bathing the face always rub and make the strokes upward, as the muscles of the face relax downward.

It isn't how much cold cream you put on your face, but how much the pores absorb for its beautifying effects; that is why a proper massage is beneficial.

A facial bath in sour milk is one of the best things in the world, for the acid in it takes out the stains and the oils contained in the milk will plump out the skin.

An inferior quality of soap may injure the skin, owing to an excess of alkali or other irritating substance that it contains.

For making the cheeks plump and firm, massage them with the hands closed, using the knuckles in a circular movement;

work upward from the corner of the mouth, using both hands, backward and around, counting 100 movements; rub some good skin food into the skin to produce friction.

Dryness of the skin and general eruptions call for more fruit to be eaten.

Oyster juice is as great a clarifier of the skin and remover of freckles as it is a cleaner of wine and fruit-stained linen.

Do not wear a veil; it sifts the fine dust against the face and into the eyes, and prevents the next flurry of wind from carrying it off again; and the blackheads, so dreaded by all women, follow in its wake.

The juice of a lemon squeezed into a half pint of Jamaica rum is an old-fashioned preparation for whitening the skin.

Be cautious in buying borax to use in the bath water; much of it is adulterated, and often pulverized washing soda is deliberately sold for it.

Glycerine should never be used on the skin without combining it with other complexion remedies; used clear it will invariably cause the skin to grow yellow and often causes a very vigorous growth of hair.

An antiseptic skin powder: Salicylic acid 10 grains, powdered corn starch 3 pounds, French chalk 1 pound, powdered orris root 4 ounces, essence of bergamot 30 drops, oil of neroli 15 drops, essence of musk 20 drops; mix and sift.—[*Drug. Cir.*]

"Pearl Water for the Complexion:" Castile soap 8 ounces, water 2 quarts; dissolve, then add alcohol 1 pint, oil of rosemary 1 drachm, oil of lavender 1 drachm; mix well.—[*Era Anal.*]

Make it a practice to sip a glassful of hot milk at bedtime; it will not only improve your complexion but will cure sleeplessness as well.

Almond meal will soften and moisten the skin, but few people care to use it because it tends to make the skin sallow.

Put 4 drachms of flake white into a mixture of 2 ounces each of bay rum and distilled water; shake well before applying with a piece of soft flannel; when dry rub off where too much white shows.

Drinking a glass of water in which a tablespoonful of corn meal has been allowed to soak for a few minutes, regularly 3 times a day, will help to clear the complexion.

Drinking a quarter of a teaspoonful of salt in a glassful of water at each meal for 3 weeks will make a wonderful improvement in the complexion.

Coarse Skin Pores

Coarse and enlarged pores of the skin are caused principally by indigestion and constipation, and require internal as well as external treatment.

Sip a glass of hot water before eating, and drink plenty of cold water between meals, little at a time.

Exercise healthfully and apply the following lotion with a piece of soft linen: Boracic acid 1 drachm, distilled witch hazel 4 ounces.

Tincture of quillaja 30 grains, tincture of myrrh 75 grains, tincture of opoponax 75 grains, tincture of benzoin 75 grains, essence of lemon 30 grains, rose water 10 grains; make an emulsion and apply occasionally.

Cucumber juice 3 ounces, elder-flower water 5 ounces, eau de cologne 2 ounces, simple tincture of benzoin 1 ounce; put the first two together into a bottle, shake well, and then add the cologne; again shake well, and then add the benzoin little by little; shake again slightly and fill up the bottle with elder-flower water; apply with soft sponge night and morning. Also corrects an oily skin.

It takes a long time to cure enlarged pores. The use of a complexion brush and pure castile soap, together with an astringent wash, will in time change the texture of the skin.

Try a little lemon juice diluted with water on the face every night.

Try going without eating any meat for a month.

Try equal parts of lemon juice and glycerine by applying several times a day.

Or, rub in a lotion made of sulphate of zinc 20 grains, rose water 1 ounce, eau de cologne 1 ounce.

Or, dissolve a piece of camphor the size of a large egg in a pint of soft water; mix a teaspoonful of this with 3 teaspoonfuls of milk and apply with a soft cloth.

WRINKLES

Time will plow his furrows shallow or deep as the case may be as the years pass on, yet youth and sweetness in the heart will keep old age from the face and baffle the effects of time as will nothing else in the world; and by keeping a cheerful mind and applying the proverbial "ounce of prevention," wrinkles may be deferred a long time and prevented from ever becoming down-tending, unsightly folds.

They are caused by the shrinking of the subcutaneous fat of the cheeks and brow, which in youth is abundant; and the skin once tight and smooth, being too large, wrinkles. They are also caused by the constant muscular drawing of the face in one place, which after a time makes a seam; as, for instance, the frown so often seen between the eyes, over the nose, and the wrinkles about the eyes and mouth caused by laughing.

Every woman dreads the day when her face will begin to show the signs of care and worry in wrinkles and crow'sfeet. There

is nothing so destroying to the peace of a pretty woman's soul as the discovery of the first wrinkle in her fair face. Gray hairs may be tolerated, for often their framing softens the tints of the complexion and adds new depth and brightness to the eyes that flash beneath them; and many pretty women are never really beautiful until they are crowned with the sheen of silver tresses. The fading tints of a well-kept and smooth skin can be concealed by artifices that every wise woman knows; but a wrinkle is an obstinate, disagreeable, aggressive witness, that leaves evidence of age in most unpicturesque language, as convincing as the records of the family Bible, or the testimony of some old friend of your mother's, who is always telling everyone that you are just two years older than her Johnny, when you perhaps look ten years younger.

There is no such thing as conciliating a wrinkle or coaxing it out of sight on certain occasions; no dressing it up in pretty disguises of gauze and frills; no one ever really admired its curves or wrote sonnets to its beauty; no one ever really longed for its coming or succeeded in banishing it by a cool reception; it comes uninvited and tarries unbidden, and settles more contentedly into its place as you fume and fret over it. The wrinkle problem is the most serious one a woman ever has to solve in taking care of her good looks. Even the weight question is simple compared to it, for whereas a woman can always control her pounds it is not always that she can subdue her wrinkles.

Wrinkles come into a woman's face at varying times in her life. There are children who show wrinkles between the eyes. These are almost always due to defective eyesight, and if the eyes are properly attended to the wrinkles will go. Wrinkles can frequently be counted in the forehead of a girl of 18 and the debutante, when she stands by the side of her mother shaking hands, may have wrinkles traveling across her brow. These are the questioning wrinkles, the lines that come from peering into the future.

At 25 most women have wrinkles; at 30 almost all women have them; at 40 wrinkles may be said to be universal, and it is not until she has passed the 40 mark and begins to long to look young again that the average woman realizes that it is the wrinkles that make her look old.

There are smiling wrinkles and wrinkles of character and beauty, so it is said, but no one believes it; in the eyes of the world all wrinkles are ugly.

Wrinkles come in the forehead from various causes; one of these is tight shoes. Put on a shoe a number too short or a letter too narrow and the forehead will begin to wrinkle. Tight shoes are responsible for the set lines around the mouth as well as for the deep wrinkles between the eyes.

The woman who has indigestion or kidney trouble will have

sacs under her eyes and little furrows at the corners; the woman whose head aches all the time will have furrows stretching upward from the corners of her mouth to her ears. Then there are the lines that run up and down between the eyes; these lines are caused by disappointment, bad temper and all the other disagreeable things.

The forehead is a great index to character; if your forehead is furrowed it is pretty safe to say that your disposition is furrowed also.

There are wrinkles that are very deep but can be taken out easily. Sun wrinkles, which are caused by a drive in the sun without suitable protection, can be taken out in a night. The same is true of wind wrinkles, blown into the face on a rough day. They can be taken out with the finger tips and massage cream.

A woman whose skin is pink as a rose petal and as thin as paper, is usually out of repair, for the reason that it is so delicate; yet she drives, walks, golfs and does other athletic stunts without regard to her skin, because she knows she can easily cure it. Her greatest remedy is the cream of sweet milk. When she comes back at night from an outing she takes a bowl of real cream, a basin of hot water and a little soft, white, facial scrubbing brush; with these the woman repairs her damaged skin.

The wrinkles that run around the mouth are of an entirely different nature; they are the wrinkles very likely of age, and it is more difficult to take them away; these marks must be treated over night. The woman with these lines around the mouth and perhaps a network extending up to the top of the ears must go to work upon them with diligence; night is the time and the best hour is the retiring hour. The secret lies in rubbing the wrinkles in the right way. One's skin is like fur to a certain extent, for there is a right way to rub and a wrong way; the right way is across the wrinkles, so that they are not made deeper.

Wrinkle Strips—Cut narrow strips of court plaster; then, with the thumb and forefinger of one hand, stretch the skin furrowed by the wrinkle until it is perfectly smooth, and with the other hand apply over the wrinkle a strip of the court plaster. This application, of course, is best made at night.

For a Wrinkled Skin—Spermaceti 10 drachms, pure lard oil 20 drachms, oil of sweet almonds 30 drachms, powdered gum benzoin 10 drachms, vanilla beans 3 drachms; mix and melt over a water bath, stirring and beating it while warm into a pomade; rub every morning such portions of the body as may need it.

A Good Wrinkle Lotion—Almond milk (thick) 3 ounces, powdered alum 140 grains, rose water 12 ounces; dissolve the alum in the rose water, then pour gently into the almond milk, with constant agitation; apply to the wrinkles with a soft linen rag

Another Good Wrinkle Lotion—White wax 2 ounces, spermaceti 2 ounces, pure cocoanut oil 6 ounces; melt separately, put on a large warm platter and beat until thick; perfume to suit your fancy. This not only removes wrinkles but softens and whitens the skin as well, and is especially good where wrinkles are caused by a lack of oil in the skin.

Dr. Foley's Wrinkle Balm—Olibanum 32 grains, benzoin 32 grains, gum arabic 32 grains, blanched sweet almonds 48 grains, cloves 16 grains, nutmegs 16 grains, alcohol 8 ounces, pure rose water 6 drachms; dissolve the first three in the alcohol; powder the almonds, cloves and nutmegs and unite the two; allow to stand 48 hours, agitating it occasionally; then add the rose water and filter; bathe the face with it by the use of a soft cloth, or a small towel may be soaked in it and the face covered in compress manner.—[*Fashion World*.]

Gray's Wrinkle Banisher—Juice of lily bulbs 2 ounces, white wax 1 ounce, strained honey 2 ounces, essence of roses 1 drachm; melt the wax over a water bath, and while cooling add the lily juice and honey; then stir in the perfume and you have the original article at half the cost.

Mad. Vestris' Wrinkle Paste—Oil of sweet almonds 1 ounce, powdered alum 1 ounce; boil the whites of 8 eggs in sufficient rose water to cover them; add the alum, stir well, and then add the almond oil; beat the whole into a fine, smooth paste.

Suggestions—Wrinkles may sometimes be removed, if taken in time, by the application of a little olive oil, to be used on retiring, and rubbing or pinching the flesh for several minutes.

Night and morning rub wrinkles with a mixture made of 10 drachms of lanoline, 10 drachms of vaseline and $\frac{1}{2}$ drachm of tannin.

Sleeping with the hand or arm under the face induces wrinkles.

The use of red vaseline tends to prevent wrinkles.

To remove crow'sfeet: Use both hands, place the fingers directly beneath the eyes, press gently around the outer corner and upward, following the contour of the eye. This movement should be given at least 30 times a day.

A toilet specialist of reputation pronounces the following as a specific for wrinkles: Take equal parts of bean and barley meal and mix to a stiff paste with fresh, raw egg; dry in an oven until it will powder, then pulverize finely and make a paste with melted tallow and honey in about equal parts; apply a thick layer to the face at night.

From 5 to 10 minutes' good steaming, and shampooing the face 2 or 3 times a week, will materially help to obviate premature wrinkles and keep the skin fresh, bright and healthy.

Bathing the face in diluted Jamacia rum occasionally is said to tighten the skin and prevent wrinkles.

The practice of injecting paraffine under the skin for the

removal of wrinkles is dangerous; if the blood is in bad condition it might do more harm than good.

Five parts of pure olive oil to 1 part of the best bay rum makes a good preparation with which to moisten the tips of the fingers in massaging out wrinkles.

"Wool-fat" is said to be a complete specific for wrinkles; it is a stiff, dark brown substance, obtained by steeping wool in hot alcohol until the oil rises.

The two wrinkles that ring the neck are known as the "lines of Venus," and are considered a beauty rather than a disfigurement; do not, therefore, make any attempt to remove them, but rather cultivate them.

Character in Wrinkles—The horizontal lines seen upon the forehead are produced by mental anxiety, and are wholly opposed to the serenity of unruffled brows. If the upper part of the forehead is intersected with conspicuous lines, especially if they are circular, arched wrinkles, while the under part of the brow is smooth, the subject is certainly droll and stupid, and almost incapable of any abstraction.

Benevolence is indicated by short horizontal lines just above the roof of the nose. When found just below the roof of the nose, they show one used to exercise authority, especially when it takes the form of forbidding.

Noses which easily and continually turn up in wrinkles are seldom to be found in truly good men and women.

A single vertical wrinkle between the eyebrows shows strict honesty in money matters; a disposition to require justice in others is shown by two wrinkles on each side of the first; wrinkles outward from these show conscientiousness. These are often marked in those deeply absorbed in business, in thinkers, writers and inventors.

The lines raying outward from the eyes show the capacity of employment as well as the two deep furrows forming the mouth by the upper lip; they are the penalty we pay for mirth and form the future channel of the tear.

Scorn forms a transverse line between the lower lip and the end of the chin; the upper lip is pushed outward, the chin rises upward.

The close mouth, with downward lines at the angles, tells of the miser deaf to the cries of human need.

Hospitality marks the face with irregularly curved lines not far from the outer angles of the mouth; when they are pronounced, a warm welcome is given the stranger within the gates.

The wrinkle extending from the side of the nostrils toward the end of the mouth is one of the most significant; on its obliquity, its length, its nearness to or distance from the mouth, depends the evidence of the whole character. If it is curved without gradation or undulation, it is a certain sign of stupidity; it also

indicates the same when the extremity joins without an interval the ends of the lips as well as when it is at a great distance from the ends of the lips.

FRECKLES

Freckles are a cutaneous affection, usually appearing on the face and hands, to which persons of a florid complexion are greatly subject, especially women with auburn hair. They are small yellow spots that break out over the face in the hot period of summer and by their number give a stained and unpleasant appearance to the countenance.

Ways to Remove Them—Take borax 1 drachm, lemon juice 4 ounces, sugar 2 drachms; powder the borax, mix all and allow to stand in a bottle a few days, then sponge the face with it occasionally.

Or, take strong soapsuds 2 quarts, alcohol 4 ounces, spirits of rosemary 1 ounce; apply with a soft linen rag; also good for blotches, pimples, tan, etc.

Or, take diluted muriatic acid 2 drachms, spirits of lavender 1 drachm, soft water 1 pint; apply with a piece of soft linen and wash off in 1 or 2 minutes. However, use with great caution.

Or, take powdered sulphophenate of zinc 1 drachm, collodion 45 drachms, alcohol 5 drachms, oil of lemon 1 drachm; mix by trituration and bathe the face twice a day.

Or, take sulphocarbonate of zinc 1 drachm, glycerine 3 ounces, rose water 3 ounces, cologne water 5 drachms; moisten a small sponge or piece of old linen and gently rub twice a day.

Or, take borax 10 grains, lime-water 2 ounces, oil of sweet almonds 2 ounces; mix the almond oil and lime-water thoroughly, then add the borax and allow it to dissolve before using. Good also for tan, etc.

Or, take Epsom salts 8 ounces, quince seed 4 drachms, alcohol 1 ounce, juice of 1 lemon, boiling water 1 pint; pulverize the quince seed and put them in the alcohol for 2 hours, strain, and add the other ingredients; apply on retiring.

Or, take a teacupful of sour milk and a small quantity of freshly-scraped horseradish, and allow it to stand for 12 hours; bathe the face 2 or 3 times a day. It also makes a good whitener for the skin.

Or, take pure brandy 2 drachms, rock alum 2 drachms, fresh milk 1 pint, juice of 2 lemons; into the milk squeeze the lemon juice, with the brandy, and boil, skimming well; then add the alum; wet a linen rag or small sponge with it and bathe the face in the morning.

Or, put a teaspoonful of salt in the wash basin, and see how soon they will fade away.

Or, beat the white of an egg to a froth and mix with it in

equal proportions the oil of sweet almonds; rub the face at night; next morning apply a lotion made by combining borax 5 grains, spirits of camphor 10 grains, tincture of benzoin 5 grains, rose water 100 grains.

Or, equal parts of lemon juice and glycerine.

Or, try frequent applications of diluted spirits, or a lotion formed by adding acetic, hydrochloric, nitric, or sulphuric acid, or liquor potassa, to water, until it is just strong enough to slightly prick the tongue; the effect of all these lotions will be increased by the addition of a little glycerine to either one.

Or, mix freshly-grated horseradish with pure cider vinegar and bathe them; good also for tan, etc.

Or, try ordinary buttermilk; the lactic acid in the milk has a most beneficial effect on the skin and causes a fading of the little stains.

Or, apply peroxide of hydrogen, or dioxygen, 3 or 4 times a day and watch the effect.

Or, lactic acid 4 ounces, glycerine 2 ounces, rose water 1 ounce; mix and apply several times a day with a soft rag; if it irritates the skin, rub on a little cold cream.

Anderson's Freckle Lotion—Oil of sweet almonds 1 drachm, citric acid 1 ounce, pure glycerine 6 ounces, oil of lemon 1 drachm, rose water 1 quart; rub the acid down in the oils, gradually add the glycerine, then stir in the rose water gradually; apply night and morning.—[*Mrs. J. C. Anderson in Fashion World*.]

Beard's Freckle Lotion—Diluted muriatic acid 1 tablespoonful, rectified spirits of wine 1 ounce, distilled water 8 ounces, rose water 1 ounce; use several times a day in the usual way, but do not allow it to get into the eyes.—[*Rose Beard in Ladies' Mag.*]

Mrs. Cosgrove's Freckle Lotion—California borax 1 drachm, lime juice 4 ounces, candy sugar 2 drachms, eau de cologne 1 drachm; shake the first three together until thoroughly dissolved; then add the cologne. Good also for sunburn.—[*Mrs. Hattie Cosgrove in West. Rural*.]

Dr. Jones' Freckle Lotion—Citric acid 1 drachm, spirits of camphor 1 drachm, elder-flower water 4 ounces; apply a little at night, after washing the face with warm water.—[*Ph. Jour.*]

Dr. Emma Arnold's Freckle Lotion—Ox-gall (clear) 1 pound, gum camphor 1 drachm, burnt alum 1 drachm, borax 2 drachms, rock salt 4 ounces, rock candy 4 ounces, oil of bergamot 1 drachm, oil of neroli 1 drachm; shake several times a day for 3 weeks—until the gall becomes transparent; strain it very carefully through filtering paper; apply to the face in the daytime and wash off at night.—[*Rural World*.]

Erie Freckle Lotion—Bichloride of mercury 4 grains, sulphate of zinc 8 grains, spirits of camphor 10 grains, distilled water 300 grains; bathe the face several times a day with a small sponge.—[*King's Anal.*]

Grape Freckle Lotion—Dip a bunch of green grapes into a basin of water and then sprinkle with a mixture of powdered alum and salt; wrap the grapes in paper and bake them under hot ashes; then press out the juice and wash the face with the liquid. Also recommended for tan and sunburn.—[*Hattie Clark in Mem. Avalanche.*]

Graham's Freckle Lotion—Citric acid 3 drachms, hot water 11 ounces, borax 2 drachms, red-rose petals 1 ounce, glycerine 1 ounce; dissolve the acid and borax in the water; infuse it in the petals for an hour; strain through a jelly bag after 24 hours; decant the clear portion and add the glycerine; apply as often as agreeable, and if persisted in, will do the work it is claimed.—[*King's Anal.*]

Jourdan's Freckle Lotion—Powdered alum 1 ounce, lemon juice 1 ounce, rose water 1 pint; shake together until thoroughly dissolved; apply 2 or 3 times a day. This preparation can be recommended in many cases.—[*Dr. Amos Jourdan in Fashion World.*]

Park's Freckle Lotion—Sal-ammoniac 1 drachm, lemon juice 1 drachm, cologne water 2 drachms, distilled water 1 pint; apply night and morning.—[*Mrs. Park in Household.*]

Mrs. King's Freckle Lotion—Sal-ammoniac 1 drachm, borax 2 drachms, rock salt 2 drachms, lavender water 4 drachms, distilled water 1 pint; apply twice a day.—[*News-Bee.*]

Mrs. Taylor's Freckle Lotion—Citric acid 3 drachms, red-rose petals 1 ounce; infuse the petals in $\frac{3}{4}$ pint of hot water, squeeze out, strain, and in the infusion dissolve the acid; apply several times a day.—[*Mil. Sentinel.*]

Mrs. Tenery's Freckle Lotion—Brandy, lemon juice, alum and cologne water of each 2 ounces; apply night and morning.—[*Ohio Farm. Jour.*]

Velpeau's Freckle Cream—Tincture of benzoin 2 drachms, tincture of tolu 1 drachm, oil of rosemary 4 drops, rose water 8 ounces; add the benzoin last little by little; apply several times a day.—[*King's Anal.*]

Hall's Freckle Cream—Petrolatum 1 ounce, lanoline (anhydrous) 1 ounce, hydrogen peroxide 1 fluid ounce, acetic acid 1 fluid drachm; apply twice a day. The manufacturer also recommends it for pimples and blackheads.

Dr. Bischoff's Freckelene—Corrosive sublimate 2 grains, powdered borax $\frac{1}{2}$ drachm, lemon juice 1 ounce, rose water 4 ounces; apply with absorbent cotton several times a day until the skin peels, then use a little cold cream.—[*King's Anal.* Use with caution as the first article is a violent poison.

Wintersmith's Freckelene—Salicylic acid 1 drachm, bay rum 4 ounces; apply night and morning. It soon produces a slight roughness of the skin, which can be subdued by the use of a little glycerine or starch, says the circular around the bottle.

Mother Gray's Freckle Remedy—Ammonium chloride 1 drachm, distilled water 4 ounces; apply twice a day.

French Freckle Wash—Sweet almonds 30 grains, bitter almonds 15 grains, lemon juice 15 grains, tincture of benzoin 25 grains, soft water 330 grains; blanch the almonds and emulsify with the water thoroughly, strain, and add the other two articles.

Sunlight Freckle Cure—Potassium chlorate 4 drachms, alcohol 1 drachm, borax 1 drachm, glycerine 2 drachms, rose water enough to make 3 ounces in all; after mixing, allow to stand 48 hours, then filter, throwing away what has not been dissolved; apply several times a day.

Liver Spots—A still more obstinate form of freckles appears mostly in the winter, larger in size and darker in color, by some termed "liver spots," which often arise from a disordered condition of the liver or stomach, as well as the excessive use of tea or coffee. If in the first kind, an internal treatment should also be taken to arouse the liver to action, in order to have a fair prospect of success in any external local application.

Take sulphate of zinc 20 grains and elder-flower ointment 1 ounce; mix and apply over night to the spot, entirely within its limits; in the morning wash it off with pure castile soap and water, and bathe it repeatedly during the day with a lotion composed of 1 drachm of citric acid to 1 pint of the infusion of rose petals. The spots should yield to this treatment in about two weeks, and the recurrence may be prevented by the regular use of the borax and glycerine lotion given elsewhere.

Carbolic acid 40 drops, glycerine 2 ounces, rose water 1 ounce; apply to the face with a soft piece of cotton cloth.

Mercuric chloride 4 grains, lemon juice 4 drachms, powdered sugar 2 drachms, distilled water 4 ounces, white of 1 egg; apply every morning and evening and allow to dry on.

Subnitrate of bismuth 1 drachm, white precipitate 1 drachm, benzoated lard 1 ounce; rub together until thoroughly mixed into an ointment. Said to be a sure banisher, unless they arise from a torpid liver.

Hydrochlorate of ammonia 8 ounces, hydrochloric acid 10 grains, glycerine 1 drachm, milk $1\frac{2}{3}$ drachms; apply night and morning to the spots with a paint brush; relieve the irritation afterwards with sweet cream.

Olive oil taken internally, a tablespoonful every morning before breakfast, is an excellent remedy.

Take strong sulphur water 4 ounces, lemon juice 1 ounce, cinnamon water 4 drachms; apply twice a day until the spots disappear.

Rubbing the spots with a stick of brimstone occasionally will often cure the worst cases.

Make a wash of sulphate of zinc 1 drachm and rose water 3 ounces; wet the spots with it, dry gently, and then touch them with any good cold cream given elsewhere, which also dry off.

PIMPLES

Acne or pimples appear under various forms and names. In confluent acne, the pimples appear in groups, suppurating and running together; in acne indurata, the pimples appear to be under the skin. Very many causes may be assigned for the production of pimples, some persons being so constituted that the slightest hygienic error will result in the appearance of the disfiguring pimples; but dyspepsia, depending on dietetic errors, is the prime cause, and instead of the fault lying in the blood it lies in the circulation. The glands do not do their work properly, and the circulation of the blood becomes sluggish.

To Remove Pimples—Subcarbonate of soda 32 grains, distilled water 8 ounces, essence of roses 10 drops; mix and apply frequently to the eruptions; also take an occasional dose of the double extract of sarsaparilla for the blood.

Or, take teaspoonful doses every evening of equal parts of flowers of sulphur and cream of tartar mixed into a paste with molasses or honey, and continue it for a week or two; do not eat much meat, and eat slowly and regularly. Eat plenty of fresh spring greens, dates and rhubarb.

Or, try common table salt dissolved in lemon juice; apply frequently with a piece of linen cloth.

Or, take 10 drops of the fluid extract of golden seal, 3 times a day, especially if suffering with feeble digestion and torpid bowels.

Or, try oil of cajeput, applying to the pimples morning and evening.

Or, try camphor 5 grains, pulverized gum arabic 10 grains, precipitated sulphur 1 drachm, lime-water 1 ounce, rose water 1 ounce; apply at bedtime, allow it to dry and then brush off any excess of powder.

Or, a teaspoonful of baking soda mixed with half a glassful of water, and applied with a soft cloth; also good for fever blisters, burns and ivy poisoning.

Or, take ointment of oleate of zinc 1 ounce, ointment of rose water 1 ounce, camphor 10 grains; apply on retiring.

Or, a mixture of lard and sulphur; avoid getting this in the eyes.

To relieve that burning sensation in the skin which foretells the coming of a pimple, boil, or fever blister, saturate the spot with weak carbolic acid, or sweet spirits of nitre; three hours of this doctoring will accomplish a satisfactory result and prevent the further development of the unattractive eruption.

In cases of pimples with pus forming in them, but which has not yet come to a head, the secretion of pus can be rapidly increased, and the duration of the annoyance thereby shortened, by applying hot water to them at frequent intervals.

Watery pimples are very annoying; apply lime-water to them, observe a low diet, and partake of cooling drinks; take a gentle cathartic now and then, also a warm bath occasionally.

Heat pimples appear upon the forehead, sometimes all over the face; bathe them with a solution of a teaspoonful of carbolic acid to a pint of rose water.

To erase scars remaining from pimples, bathe them with a saturated solution of boric acid and then anoint with zinc ointment.

Do not use buttercup oil to remove smallpox pittings; it is a very strong irritant and will do more harm than good.

Wash for Face Eruptions—Dried tobacco leaves 1 ounce, creosote 1 drachm; pour a pint of boiling water over the leaves and allow it to stand for an hour, then strain and add the creosote; wet the parts affected frequently throughout the day and at night apply with moistened cloths.

Eruptions from Cold Weather—Any good cold cream given herein 1 drachm, bicarbonate of soda 4 grains, turpentine 6 drops, tincture of vanilla 4 drops, tincture of ambergris 4 drops; rub on the face 3 times a day.

Rose Vinegar for Pimples—Dried rose-petals 2 ounces, white wine vinegar 1 pint, rose water 1 pint; allow the petals and vinegar to stand together for 7 days, then strain and add the rose water; bathe the pimples occasionally with a soft rag.

Arndt's Pimple Lotion—Precipitated sulphur, tincture of camphor and glycerine of each 1 drachm, rose water 4 ounces; mix and bathe them every 2 or 3 hours.—[*Rose Arndt in Rural World*.]

Burns' Pimple Lotion—Corrosive sublimate 1 grain, rose water 1 ounce; filter through paper and touch the pimples twice a day.—[*Era Anal*. Use with caution.]

Brooks' Pimple Lotion—Spirits of camphor 4 drachms, glycerine 4 drachms, alcohol 4 ounces, rose water 4 drachms, soft water 4 ounces; apply night and morning and keep the finger nails away from the eruptions.—[*Mrs. Jessie Brooks in Fash. World*.]

Chambers' Pimple Lotion—Corrosive sublimate 4 grains, iodide of potassium 40 grains, bicarbonate of soda 60 grains, aromatic spirits of ammonia 1 drachm, camphor water 6 ounces, cologne water 8 ounces; mix and allow to stand 3 days, then filter. Use with caution on account of the sublimate which it contains.

Dale's Pimple Lotion—Powdered borax 1 drachm, oil of bergamot 20 drops, oil of lemon 20 drops, soft water 1 pint; bathe the pimples occasionally and allow it to dry on.—[*Cora Dale in News-Bee*.]

Gray's Pimple Lotion—Liquid potassa 1 drachm, oil of sweet almonds 1 ounce, rose water 1 ounce, soft water 6 ounces; shake the first two together well and then add the waters; rub the pimples or eruptions for some minutes with a rough towel and then dab with the lotion.—[*Mrs. Sarah Gray in Housekeeper*.]

Hart's Pimple Lotion—Milk of sulphur 2 drachms, gum camphor 2 drachms, alcohol 2 ounces, water 3 ounces; first dissolve the camphor in the alcohol; mix all together and bathe the pimples every night on going to bed.—[*Dick's Encyc.*]

Monin's Pimple Lotion—Oxide of zinc 150 grains, powdered alum 1 drachm, tincture of green soap 5 drachms, glycerine 20 drachms. For confluent pimples.—[*Dr. Charles Monin in Ladies' Jour.*]

Mott's Pimple Lotion—Bicarbonate of soda 36 grains, glycerine 1 drachm, spermaceti ointment 1 ounce; leave the mixture on the pimples 15 to 20 minutes, then wipe off with a soft cloth.

Myers' Pimple Lotion—Powdered boracic acid 2 drachms, alcohol 2 ounces, rose water 4 ounces.

Pavava's Pimple Lotion—Carbolic acid 1 drachm, borax 4 drachms, tannin 2 drachms, glycerine 2 ounces, alcohol 3 ounces, rose water 10 ounces; dissolve thoroughly and apply night and morning.—[*Jour. of Pharm.*]

Kickapoo Pimple Lotion—Liquor of potassa 1 ounce, acetated liquor of ammonia 1 ounce, white wine vinegar 8 ounces, sulphur water 4 ounces, distilled water 8 ounces; apply twice a day to the pimples.—[*Jour. of Pharm.*]

Judson's Pimple Lotion—Iodine (colorless) 8 grains, iodide of potassium 18 grains, rose water 1 pint; wash the face with clear, cold water each night before retiring, and apply the lotion to the pimples freely with a soft cloth.—[*Era Anal.*]

Beard's Pimple Cream—Oxide of zinc 20 drachms, precipitated sulphur 5 ounces, oil of sweet almonds 5 ounces, lanoline 5 ounces, violet extract 4 drachms; anoint eruptions frequently.—[*Drug. Cir.*]

Dr. Dye's Pimple Cream—Benzoated ointment of oxide of zinc 4 ounces, beta-naphthol 20 drops, oil of chamomile 20 drops; mix and anoint the pimples occasionally.—[*West. Drug.*]

German Pimple Cream—Calomel 1 drachm, salicylic acid 10 grains, fresh lard 1 ounce.—[*King's Anal.* Calomel is a mineral poison and this preparation should be used with caution.

Terry's Pimple Cream—Oxide of zinc ointment 2 ounces, sublimed sulphur 2 drachms, ointment of rose water 2 ounces, oil of eucalyptus 10 drops; apply twice a day.

Sunlight Pimple Cream—Ichthyol 90 grains, dextrine 5 fluid drachms, glycerine 5 fluid drachms; mix with gentle heat; apply to pimples at night and wash off with warm water in the morning.

Ade's Pimple Ointment—Precipitated sulphur 1 drachm, compound ointment oxide of zinc 1 drachm, liquid albolene 2 ounces, prepared calamine 2 drachms; mix and use as a paint on the pimples at night.—[*Jennie Ade in Everywoman.*]

Allen's Pimple Ointment—Finely powdered boracic acid 240 grains, white wax 240 grains, paraffine 480 grains, oil of sweet almonds 1 fluid ounce; triturate the acid to a smooth paste with a

portion of the almond oil; melt the paraffine, wax and remainder of the oil together over a water bath, and unite the two mixtures.

Benzoine Pimple Ointment—Precipitated sulphur 2 drachms, benzoated lard 2 ounces, glycerine 1 drachm, oil of roses 6 drops; apply every night well to the pimples; and after each meal and at bedtime take a quarter grain granule of sulphide of calcium.

Nye's Pimple Ointment—White precipitate 40 grains, nitrate of bismuth 40 grains, any good cold cream made of harmless articles 1 ounce, oil of bergamot 20 drops; anoint them occasionally.—[*Mrs. Alice Nye in Housekeeper.*]

Sawyer's Pimple Ointment—Nitric acid 1 ounce, quicksilver 1 ounce, fresh lard 1 pound; mix by pouring the acid slowly into the quicksilver; when set, add the melted lard and stir with a wooden paddle until cold.—[*King's Anal.* Not a safe article to use.

BLACKHEADS AND WHITEHEADS

Blackheads—Blackheads are indicated by little black specks on the skin, chiefly about the nose, forehead and chin. Each speck marks an obstructed outlet of the sebaceous glands, and if pressure is exerted on either side, something having the appearance of a white worm may be pressed out. Upon careful examination this so-called worm proves to be a mass of hardened fatty matter, which has assumed this shape by being pressed through the small outlet of the hair follicle—the technical term for which is “comedo,” and when examined under a powerful microscope they are frequently found to contain a whole family of parasites—male, female and their numerous progeny.

Indiscretions in diet can bring on fresh specks at almost any time. The articles which do this most frequently and certainly are richly fried foods—fried oysters and fried egg-plant being types of the worst class of them. Buckwheat cakes will almost certainly provoke an eruption of blackheads in those predisposed to it, as well as sausages and mince pie. Pastry of all kinds should be largely avoided by those subject to blackheads, as also nuts, raisins, cheese, hot bread, cake, preserves, etc. Butter is not harmful unless it is melted into other substances.

In cases where blackheads have been caused by a particular indiscretion, either in eating or from a check of perspiration, or some cause which has deranged the system, the following simple wash is harmless and yet might be of considerable service: Precipitated sulphur, tincture of camphor and glycerine of each 1 drachm and rose water 4 ounces.

Or, take liquor potassa 1 ounce, pure brandy 6 ounces, cologne water 2 ounces; after washing the face at night thoroughly with good soap and tepid water apply the lotion.

Or, subcarbonate of soda 36 grains, glycerine 1 ounce, alcohol 1 ounce, distilled water 8 ounces, essence of roses 6 drachms; touch them occasionally.

Or, beta-naphthol 2 drachms, potash soap 20 drachms, precipitated sulphur 20 drachms; apply and leave on until it smarts or irritates the skin, then wash off with pure castile soap and warm water.

Or, to a pint of pure cider vinegar add a piece of alum the size of a pea, shake occasionally until dissolved, and apply night and morning.

Or, wipe the face occasionally with diluted alcohol, if they are yet small.

Try a lotion of boracic acid 1 drachm, spirits of rosemary 2 ounces, soft water 6 ounces; use with friction on the skin.

Or, an ointment made of equal parts of salicylic acid and vaseline; the results will surprise you.

Or, mix well together resorcin 2 grains, tincture of soap-bark 1 drachm, distilled water 3 drachms; night and morning rub the afflicted spots with a little absorbent cotton dipped in the mixture.

Heat the face with hot water cloths; spread it with soap jelly, or with a lather made from shaving soap; leave on a minute, then wash off in at least 6 hot waters; do not go out for 2 hours afterward.

A teaspoonful of magnesia taken once or twice a week sometimes proves highly beneficial.

If they are of a very obstinate character, take equal parts of tincture of green soap and distilled witch hazel, apply, and allow the mixture to stay on only a few minutes, then wash it off; if it smarts the skin, which it may do in some cases, use it every other day; before applying, however, bathe face in water as hot as can be borne. The hot water opens the pores and the mixture loosens the dirt and greasy matter, which will either come away itself or can easily be pressed out.

Or this, for the same purpose: Ether 2 ounces, soap liniment (given in the second part of this book) 2 ounces; rub into the spot affected and as soon as the mixture burns wash the surface with hot water; use twice daily—morning and evening.

Sulphuric ether 1 drachm, tincture of soap 2 drachms, spirits of lavender 3 drachms, distilled water 3 drachms; rub on night and morning without pressing them out, as they will soon disappear.

Ether 1 ounce, carbonate of ammonia 1 drachm, boracic acid 1 scruple, soft water enough to make in all 2 ounces; apply twice a day after a hot water bath of the face each time.

Whiteheads—Whiteheads (acne molluscum) are a peculiar form of this skin trouble. It usually appears on the forehead and about the nose. The pimples look like small white seeds; they are embedded in the skin, and are really obstructed sebaceous glands, and differ only from blackheads in that the surface is too hard to collect dust and dirt and make the points black.

Bathe the face with warm water and with a needle prick the

top of the little white lump and press out gently with a watch key; bathe again with hot water, and then cold.

Or, after the sac has been opened and emptied as directed above, bathe it with a little toilet vinegar and water, or a very weak solution of carbolic acid and water.

Or, try a lotion of boracic acid 2 drachms, alcohol 2 ounces and rose water 4 ounces; use with friction twice a day.

Or, take peroxide of hydrogen 3 ounces, vaseline 1 ounce; apply frequently.

SUNBURN AND TAN

One of the great annoyances of having a light complexion is that if you are fond of outdoor sports you are sure to get sunburned. One or two good doses of sunburn will spoil half the pleasures of a summer. Many persons are so sensitive to this affliction that they are obliged to forego yachting, tennising, golfing, fishing, swimming and every other amusement which would take them out into the pure, fresh air. People who have a dark or olive complexion can hardly understand what sunburn means. They only get tanned the longer they are exposed to the rays of the sun, and scoff at people who complain of sunburn, which they treat as an imaginary ailment.

If you have a light complexion and have suffered from sunburn in the past, get 10 cents' worth of bismuth powder and apply this to the hands and face before you go out; rub it well into the skin and wash off after the sun goes down. People who use it in this way may get tanned but never burned.

Rose water and glycerine is good; proportions may vary; as one who uses it gives the recipe—"a good deal of glycerine and sufficient rose water"—are needed.

Fresh buttermilk is one of the oldest remedies and a good one; use it as a wash or make into a paste with talcum powder; it will prevent as well as cure.

Sweet cream 1 ounce, powdered alum 1 ounce, fresh milk 8 ounces, rock candy 1 drachm, lemon juice 2 ounces, borax 30 grains; mix the borax and candy with the lemon juice; let them dissolve and then add the others; boil and skim.

Pulverized borax 1 ounce, strained lemon juice 2 ounces, rose water 1 quart; use freely each night until the trouble disappears.

Make a paste of good French chalk and pure gin; apply it to your sunburnt skin, allow it to harden, and in about 10 minutes wash it gently off with hot water and dab on a little cold cream.

Slice cucumbers into rectified spirits, allow it to stand about 10 hours, and rub on a sunburnt face.

Cut a lemon in halves and rub it on the face; wash it off in 15 minutes and apply a little magnesia moistened with water to a paste and allow it to dry on; then wash it off; repeat this oper-

ation 3 or 4 times in succession and your tan will have disappeared.

For sunburn, take tincture of benzoin 4 drachms, alcohol 1 ounce, glycerine 1 ounce, distilled water 2 ounces; bathe the face freely.

Sweet cream is an excellent application for sunburn.

Or, apply a mixture of common baking soda 6 drachms, powdered borax 6 drachms, elder-flower water 12 ounces. It will make the skin as clear and soft as a baby's.

Or, honey diluted with rose water makes an excellent lotion for sunburn, rough or chapped face, lips and hands.

To clear a tanned skin, wash with a solution of carbonate of soda and a little lemon juice; then with fuller's earth and water, or the juice of unripe grapes.

For tan, apply thickly at bedtime the old-fashioned benzoated zinc ointment and wash off in the morning with a good tar soap.

A good lotion for tan is made with ammonium chloride 1 drachm and distilled water 4 ounces.

A good sunburn paste is made by mixing 3 ounces of ground barley, 1 ounce of honey and the white of an egg; spread on a thin piece of muslin and apply to the burnt surface at night; wash off with warm water in the morning.

Or, smear over the sore spots the white of an egg; by excluding all the air and forming a covering over the burn the pain will be instantly relieved; for wind burns, however, vaseline will do just as well.

Or, bathe the face morning and evening with a mixture of ammonia water 3 grains, borate of soda 5 grains, glycerine 25 grains, orange-flower water 425 grains.

Or, grated raw potato applied with a piece of linen will prove a quick relief from sunburn.

Rose water 6 ounces, simple tincture of benzoin 1 fluid drachm, tincture of balsam of tolu 20 drops; dab over the face after being exposed to the sun.

For sunburn cases which have passed the first stage: Mix 2 tablespoonfuls of corn meal with just enough sour milk to make a paste; squeeze into this the juice of half a lemon; just before going to bed wash the face well with warm water and smear on this mixture; it will dry in a few minutes; let this remain on all night, and in the morning wash with warm water and soap of the purest kind.

White gum tragacanth 60 grains, water 6 ounces, glycerine 4 drachms, tincture of benzoin 1 drachm, powdered borax 60 grains, white rose extract 2 drachms; macerate the gum in the water until soft and dissolve the borax in the glycerine; mix the two solutions, add the benzoin tincture and strain with pressure through muslin. Good also to whiten the hands.

For Acute Sunburn—Dissolve a teaspoonful of common baking

soda and soap (green preferred) the size of a hazelnut in 3 ounces of water, or rose water, and shake in a bottle with 3 ounces of olive oil. This is especially good where the skin is very red and sore.—*[Lillian I. Smith in Leader.]*

Elite Sunburn and Tan Lotion—Fresh ox-gall 1 pound, magnesia 3 ounces, Roman alum, borax, gum camphor, glycerine and oil of lavender of each 1 drachm, sugar candy 4 drachms; mix and stir 10 minutes 3 times a day for about 2 weeks—or, at least, until it becomes clear and transparent; then filter through paper and bottle.

Kuhn's Tan and Sunburn Cure—Pure strained honey 4 ounces, glycerine 1 ounce, alcohol 1 ounce, citric acid 3 drachms, oil of rose 6 drops; use 2 or 3 times a day.

Peterson's Pearl Mixture—White petrolatum 5 ounces, paraffine wax 4 drachms, lanoline 2 ounces, rose water 3 ounces, alcohol 1 drachm, oil of rose 10 drops; melt the first three over a water bath, then remove from the fire and while still warm beat in the others; bathe the parts night and morning.

Hagan's Tan Lotion—Muriatic acid 4 drachms, rectified spirits 4 ounces, distilled water 3 pints; apply evenings only.

Mrs. Mellett's Tan Lotion—Pure brandy 1 ounce, lemon juice 1 ounce, new milk 1 pint; add a little essence of lavender and you will have an article equal in efficacy as the original at one-tenth the cost; apply night and morning.—*[Carter's Anal.]*

Keller's Sunburn Balm—Sublimed sulphur 1 drachm, carbonated of zinc 2 drachms, oxide of zinc ointment 2 ounces; soften the latter and then stir in well the other two; apply lightly to the burnt skin occasionally.—*[Drug. Cir.]*

Kingley's Tan Ointment—Sweet oil 4 ounces, soft beeswax 1 pound, white sand (very fine) 2 teacupfuls, oil of bergamot 1 drachm; melt the wax over a water bath and add the sweet oil; then add the sand slowly, stirring well while doing so; then while cooling stir in the bergamot; rub on the face with a soft rag at night, and in the morning rinse off with water slightly warm.

Skin Bleaches

To whiten the skin, boil 2 tablespoonfuls of fine oatmeal in sufficient soft water to make a thin gruel and strain carefully; when cold add the juice of a lemon with a dessertspoonful of wine; keep on your toilet table, making a fresh supply once in about every 10 days; wash the face with this every night before retiring; do not wipe it entirely off, but leave the skin a little damp. In the morning wash in tepid water, with a little oatmeal stirred in—in proportion of a tablespoonful of oatmeal to a quart of water; dry the face thoroughly and put on a little vaseline cold cream; allow it to remain a few minutes, then wash off in the oatmeal and water mixture, drying the face well; now take any

delicate face powder given in this book and rub it in well, using a bit of flannel or linen cloth. Your complexion will then look a lovely white, and will repay you for all the trouble. The neck and hands may be treated in the same manner, of course omitting the powder for the hands.

Or, infuse 2 tablespoonfuls of finely grated horseradish in a pint of scalding sweet milk, stirring frequently; strain and bottle; rub a little on the face several times a day and allow it to dry on.

Or, tincture of benzoin 4 drachms, prepared chalk 2 ounces, glycerine 1 ounce, alcohol 1 ounce; mix the last three thoroughly together and then add the benzoin little by little until well incorporated. Good and perfectly harmless.

Or, split a cucumber lengthwise, apply the juice to the skin and let it dry on. Its efficacy as a bleach and whitener arises from the quantity of arsenic contained in the inner rind.

Or, take violet cologne 4 ounces, tincture of camphor 2 ounces and tincture of benzoin 1 ounce.

Peroxide of hydrogen is harmless as a skin bleach, and especially excellent to whiten the neck, but it should be absolutely pure.

Try quince seed 6 ounces, glycerine 1 ounce and orange-flower 2 ounces.

Or, if the skin is very dark, take subnitrate of bismuth (pulverized) 8 grains and white vaseline 65 grains; mix and spread over the face every night until the desired result is obtained.

Or, try lactic acid 3 ounces, rose water 1 ounce, glycerine 2 ounces.

Mad. Ruppert's Face Bleach—Corrosive sublimate 2 grains, tincture of benzoin 14 grains, water 2 ounces; dissolve the sublimate first in the water and to the solution add the benzoin little by little, stirring constantly.—[*Prac. Drug.* Use with caution.

Energy Face Bleach—Pure honey 4 ounces, glycerine 1 ounce, alcohol 1 ounce, citric acid 3 drachms, essence of rose geranium 6 drops; melt the honey and glycerine together over a water bath; dissolve the acid in the alcohol and add the essence; when the first mixture is cool, unite the two and beat until thoroughly mixed. Will not promote a growth of hair like some preparations, nor harden the skin.—[*Mrs. Rose Carter in Om. Bee.*

MOTH PATCHES

Take bichloride of mercury (in coarse powder) 15 grains, Jordan almonds (blanched) 1 ounce, bitter almonds 2 drachms, distilled water 1 pint. Have your druggist prepare this. Apply at night and in the morning, after bathing the face in warm water; allow the lotion to dry on and then wipe off with a soft cloth.

White precipitate 3 grains, oxide of zinc 6 grains, castor oil 5 drachms, cocoa butter 5 drachms, essence of roses 20 drops; apply to patches night and morning.

Or, chlorate of potassium 2 grains, rose water 2 ounces; apply with a camel's-hair pencil or toothpick; just moisten the center of the spot night and morning for two days; it will, of course, make it sore, but a little cold cream or vaseline will ease the burning if it becomes at all painful.

Try this: Kaolin 4 grains, lanoline 10 grains, glycerine 4 grains, carbonate of soda 2 grains, oxide of zinc 2 grains; apply to the spots at night and wash off next morning; repeat the application as often as necessary.

Or this: Rum 1 pint, flowers of sulphur 1 teaspoonful; mix and apply daily, shaking well each time. In two or three weeks the patches will have disappeared.

Or, bathe them several times a day with a strong solution of common baking soda and water, and wash off always with warm water and good, pure toilet soap.

Or, take cocoa butter 10 ounces, castor oil 10 ounces, oxide of zinc 2 ounces, essence of roses 3 drachms; apply to the patches night and morning until they disappear.

Try a wash of equal parts of glycerine and lactic acid.

Or, a lotion made of salicylic acid $\frac{1}{2}$ drachm, bay rum 2 ounces; apply to the spots with a soft cloth morning and evening.

Perry's Moth and Freckle Lotion—Oil of bitter almonds 2 drachms, deliquitated oil of tartar 2 drachms, Venice soap 1 ounce, lemon juice 4 ounces, oil of rhodium 10 drops; dissolve the soap in the lemon juice and add the oils of lemon and tartar; now allow it to stand in the sun until it becomes of the consistency of cream; then add the rhodium and bottle; wash the face at night with elder-flower water, then anoint with the lotion; in the morning wash the face copiously with rose water.—[*Amer. Jour. of Pharm.*]

THE HAIR

Ever since the beginning of history the length and fineness of a woman's tresses have been counted one of her chief beauties. The Jews often spoke of long hair as a glory and a crown of honor; it made the strength of Samson and the beauty of Absalom; the Sicilians accepted their habits from the Greeks, and they gave Rome her first barbers 300 years before Julius Cæsar.

The painter delights in the charm of that hair which is full of inner lights and shining threads, and the poets are always dwelling upon its beauty; Browning's pages are full of the appreciating love of golden and golden-brown hair, and Tennyson and Swinburne and Morris and the others are always idealizing it;

nor do sober historians scorn it. Brantome dwells on the "pale beauty" of Mary Stuart's hair, and we all know the quality and color of Lucretia Borgia's. It would seem, then, as if we ought now to take a little more pains in the cultivation of such a source of beauty than we do. A clear passage of the comb, a few strokes of the brush, a twist, a turn, a reaching for some hair-pins, and its toilet is made in most cases for the day.

The hair of white persons is flattened like a fine tape while the hair of colored people is cylindrical. For this reason an expert in anatomy can tell from the shortest morsel whether the hair came from the body of a white or colored person, just as he could tell the hair of a rabbit or a calf from that of a human being. This fact is often of great importance in murder trials. The fact that the hair of the negro is cylindrical causes it to curl. For this reason colored ladies are not obliged to spend their pin-money for curling fluids.

Chemically, hair is composed of the same material that is found in the external layer of the skin, in the nails and in the horns and hoofs of quadrupeds, and the feathers and claws of birds. Sulphur is one of the characteristic ingredients. This gives the peculiar smell when hair is burned. It is very tough. A rope made of it has great strength. A hair of the head will support a weight of 6 ounces, and the hairs of an ordinary head when taken together will support the weight of 200 men. It is also very durable. The hair on the heads of Egyptian mummies, which are known to be thousands of years old, is perfectly preserved. It is also elastic and easily excited by electricity. It absorbs moisture readily, and is considerably lengthened thereby. It varies in thickness from 1-250th to 1-600th of an inch. Blonde hair is the finest, and red the coarsest. A German investigator finds that in four heads of hair of equal weight, the red one contains about 90,000 hairs, the black 103,000, the brown 109,000, and the blonde 140,000. The coloring of different heads depends upon the chemical composition of the oily secretion contained in the hair; in black hair the oily matter is a dark greenish-brown, from sulphate of iron and manganese in its composition; in blonde hair it is light or dark yellow, as it contains less iron and more sulphur; in red hair it is reddish, as it contains more red oxide of iron and sulphur; and in white hair it is colorless, as it contains no iron at all.

The disappearance of hair of any color is to be deplored, but as long as white horses exist the red hair should not be allowed to die out; for it is said that red hair curls at the approach of a storm, and straightens again after it passes—a good barometer, indeed.

Beautiful hair requires that never-ceasing care should be taken with it. It demands much brushing, some thought as to the kind of pins used to fasten it, and gentle consideration for it, so that

when braided it is not pulled, and when one is asleep it is not allowed to be loose and so get matted. It sounds very pretty in a romance to read of the sleeping beauty with her hair floating about her like a cloak, but it would have taken the sleeping beauty many an hour in the morning to disentangle it, and she would have lost many a hair in the operation.

The sulphate of quinine is a wonderful stimulant for the hair, and is an ingredient of most of the best preparations on the market. In all liquid formulas given herein, wherever sulphate of quinine is given, it should first be dissolved in sulphuric acid before compounding with the other ingredients. The acid should be added to the quinine drop by drop, and only sufficient quantity used to make a perfect solution.

To keep the hair at its best, a shampoo suitable to the scalp must be used. Contrary to the general opinion, what is effective for one person may be detrimental to another. For instance, dark hair requires different cleansing ingredients than would be used for blondes, because certain kinds affect the color; and as an example, a blonde should never use anything containing sulphur or iron, any more than a brunette should apply soda.

Hair powder is made from powdered starch, sifted through muslin, and scented with otto of roses.

Crystal powder is glass dust obtained from factories or powdered crystallized salts of various kinds.

A golden powder may be made by coloring a saturated solution of alum a bright yellow with turmeric, allowing it to crystallize, and powdering coarsely.

An infusion of wild ginger-root makes a good lotion for the scalp.

Rub the bald spot frequently with a freshly-sliced red onion until it looks flushed.

A decoction of rosemary and southernwood is good.

Also a decoction of boxwood—the garden kind.

Ammonia and glycerine make an elegant dressing for the hair and will not soil the most delicate head-gear.

Clip off the hair's forked ends once a month, for it obstructs its growth.

Don't soak red hair in oil to make it darker; keep it wavy and light to show off its rich shades.

Pure apple vinegar and water form a good wash for the roots of the hair.

Any preparation of rosemary forms an agreeable and cleansing wash for the head.

An ounce of fresh soap-bark boiled in a pint of water cleanses and beautifies the hair; will also remove grease and paint from clothing.

Pale hair indicates a want of iron in the system; supply this by a free use of beefsteaks, soups, pure beef gravies and red wine.

Sandy hair, when well brushed, and kept glossy by the natural oil of the scalp, will in time change to a golden tinge.

All the depilatories sold in the stores are strong caustics, no matter what their circulars and labels claim, and will leave the skin very hard and unpleasant.

Fine, clean wood ashes, mixed into a paste with water, makes a fair depilatory without any pain.

Strong pearlash washes will also destroy and remove weak hair.

Brush the back hair upward from childhood.

Night-caps heat the head and should be discarded.

Quince seed and warm water make a good bandoline, and is as harmless as sugar and water.

A teaspoonful of ammonia to a pint of warm water makes a wash that may be used on a child's head daily with safety; does not split the hair like soap.

Gray hair may be restored to its original color by bathing in a solution of 2 heaping teaspoonfuls of rock salt to a quart of boiling water.

Pure sperm oil is equal to bear's grease for the hair.

Light or varied hair should be crimped or waved, and its tint will appear to advantage; crimping—the act alone—is not injurious to the hair, but burning is.

Do not put the hair up over night in metal pins; a loop of thick elastic cord is the best crimper.

A very weak solution of isinglass is quite serviceable in holding a curl in place; wet the curl with it and hold it in place for a few seconds.

Parsley water possesses depilatory powers.

A small portion of beeswax dissolved in an ounce of olive oil will make the hair curl.

Boil an ounce of Iceland moss in a quart of water, and add a little rectified spirits, for a bandoline.

Pure, unscented salad oil makes a good hair-dressing, and is worthy a trial.

The hair requires pure air almost as much as the lungs; it should also have a great deal of sunlight; give the hair a good brushing with a soft brush once or twice a day.

Much damage may be done by permitting the scalp to dry as it will; hot towels always aid the drying process, and massage with the finger tips will prove extremely beneficial.

The juice of green walnut shells mixed with olive oil is said to darken the hair safely.

The shells of beans are said to have coloring properties like those of walnut shells.

Never shampoo your hair in hard water if you wish it to remain light.

One of the best things to cleanse the scalp thoroughly is to

dissolve half a teaspoonful of borax in a quart of water and apply it, rubbing it in well; rinse well in clear water.

A lotion of whiskey and witch-hazel (2 parts of the latter to 1 of the former) is a simple and excellent tonic for the scalp.

A teaspoonful of bicarbonate of soda used in the water when shampooing your hair will aid in keeping it light.

A tonic that will strengthen the hair and stimulate its growth is made by taking half an ounce of bitter apples, put them in a large-mouthed bottle, and pour over them half a pint of good Jamaica rum, cork tightly, and let them stand for 3 days; apply the liquid to the roots of the hair, nightly, with a small, soft sponge.

Too much washing of the hair is harmful; it deprives it of much of its vigor, makes it brittle and lustreless, and soon causes it to fall out.

Strong sage tea, in which should be boiled a few rusty nails, is another remedy to wash the scalp with 2 or 3 times a week.

Rubbing equal parts of kerosene and vaseline among the roots of the hair will strengthen them and stimulate a new growth.

Equal parts of cold-pressed castor oil and alcohol make a hair tonic that is good as well as cheap.

A walnut stain for the hair is made by taking 4 ounces of the tough, bitter rind surrounding the shell, beat to a pulp, and add 16 ounces of pure alcohol; allow it to stand 8 days and strain.

If you try to bleach the hair, remember there are certain heads that will turn green under the influence of a bleach.

Blondes should use only the white of an egg in shampooing as the sulphur in the yolk tends to darken the hair.

A good scalp wash for brunettes is claret wine in which a pinch of soda is dissolved; wet the scalp and hair thoroughly, massaging, and then rinse in cold water.

The official green liquid soap to be had of almost any druggist makes a fine shampoo and may be used clear or with an equal quantity of cologne water.

White wine makes a good shampoo for blonde hair.

Perspiration is bad for the hair, and for this reason light hats ought to be selected for the children in warm weather.

Nervous persons usually have less abundant hair than those of a sanguine or bilious temperament; mental anxiety and ill-health, especially that arising from a disorder of the circulation and the nervous system, is likely to affect the hair.

The care of the little girl's hair is often neglected by mothers very careful in other things; good overlooking in their childhood days, however, is what gives so many young women the glory of a fine head of hair.

Peroxide of hydrogen will not injure the hair if properly applied; the application must be renewed as the hair grows, and care must be exercised not to produce a lighter shade than is

desired; the woman who meddles with a bleach becomes, after a fashion, a slave to her hair.

Bay rum in the water in which hair is washed prevents taking cold.

The wearing of a wig to complement a deficient head-covering is a sure way of destroying what little hair one may have; it sweats the head, prevents the air from reaching the scalp, new hair from growing, and heats the brain.

An itching, irritated scalp can be greatly benefited by applications of a solution of boric acid. Get an ounce of the pure boric acid crystals, place in a quart glass jar and fill with hot water; apply to the scalp every night; in a week your troubles will be a thing of the past.

Brush and brush your hair if you want to get that lovely gloss which society girls are so eager for; give your hair 200 strokes every night before jumping into bed; don't be afraid of brushing it too much—the more you brush the more gloss you get.

An excellent hair renewer is made with 4 drachms of the oil of mace to 1 pint of alcohol; rub the bald spot with a piece of flannel until the skin is red, and then apply the mixture with a small brush 3 or 4 times a day.

Don't curl or plait a child's hair tightly if you want it to grow long and thick; many a scanty crop of tresses in later life is due to straining the hair while a child is growing.

A mixture of 1 pint of soft water, 1 ounce of sal-soda and 2 drachms of cream of tartar makes a good wash for the hair.

A few drops of any good toilet water in the last rinsing water gives a faint suggestion of perfume to the hair that is very refreshing.

To darken a switch, make a pot of strong tea, strain this thoroughly and let it cool; wash the switch in warm water; when dry dip it into the tea; before applying any stain or dye to the hair, remember, it should be washed and dried thoroughly.

Bay rum used alone will fade the hair, and often causes it to turn gray prematurely.

As a wash for thin hair, take a quart of soft water in which a handful of wheat bran has been boiled and a little white castile soap dissolved; use this twice a week.

A bleach for the hair is made by taking 15 drachms of rhubarb and 50 drachms of white wine and boil together until reduced to about half the quantity; then strain it through a fine cloth and let the hair soak in it, and dry it without wiping.

A good hair wash is made by steeping half an ounce of dried maiden-hair fronds in a pint of common tea until the strength is extracted, and using once a week.

Lemon juice rubbed in well on the scalp will often stop the hair from falling out.

Many persons are in the habit of using household ammonia

when washing the head, and it enters into many shampooing mixtures; it is also an ingredient in many toilet soaps. It dries up the scalp and robs the hair of all its natural moisture; that is the cause of much of the gray hair on youthful heads.

There is an old tradition that cutting the hair when the moon is new will make it grow long; when the moon is full, will make it thick—but few, in the present day, pin much faith to it.

In the spring cut off the end of a branch of the common grapevine and tie a bottle or other receptacle so that the sap which drops from the end is collected; use this sap as a lotion, rubbing the scalp and roots freely; this is said to restore gray hair to its original color.

White hair, unless given the most careful and thorough treatment, will become yellow and streaked.

Hair tonics containing glycerine are likely to discolor white hair.

It is said that an instantaneous one-preparation hair dye is made of tannin 1 ounce, alcohol 4 ounces and distilled water 4 ounces.

A good dandruff lotion: Acetic acid 4 drachms, glycerine 2 drachms, carbolic acid 30 drops, elder-flower water 3 ounces, rose water 6 ounces; rub well into the scalp every night with a small sponge.

SHAMPOOS

A Cheap Shampooing Mixture—Salts of tartar 1 ounce, rain water 1 quart; put 2 or 3 teaspoonfuls in clean, soft water and rub the hair well, rinsing out in soft water.

An Excellent Shampoo—Mix the yolk of 1 egg, 15 grains of borax and 6 drops of ammonia water; shake well in a 6-ounce bottle and fill it with soft water; rub this well into the scalp, rinse out with tepid water, then with cold; dry well with a bath towel; then, if the weather is cold, tie a silk handkerchief about the head to prevent taking cold. This treatment will remove dandruff and render the hair soft and silky.

Elite Shampoo—Hungary water 1 pint, St. Thomas bay rum 8 fluid ounces, tincture of quillaja 4 fluid ounces, rosemary water 4 fluid ounces, glycerine 2 fluid ounces, bicarbonate of ammonia 1 ounce, borate of soda 1 ounce, tincture of cantharides 1 fluid drachm; to the rosemary water, in which has been dissolved the borax and ammonia, add the other ingredients and mix thoroughly by shaking; the hair is moistened with the liquid and rubbed vigorously to produce a lather.—[*Prac. Drug.*]

Ether Shampoo—Alcohol, ether and glycerine of each 4 drachms, castile soap and ammonia water of each 2 ounces, soft water 2 pints; slice the soap into very thin shavings, mix all, and shake occasionally until dissolved.

Doehme's Shampoo—Ammonia water 2 drachms, cologne

water 2 drachms, alcohol 4 ounces and water 4 ounces.—[*Era Anal.*

Horta's Shampoo—Carbonate of ammonia 2 drachms, carbonate of potassium 10 grains, oil of bay leaves 20 drops, oil of cloves 2 drops, alcohol 7 ounces, water 9 ounces; dissolve the oils in the alcohol, mix the carbonates with the water and then slowly mix the two solutions.—[*Cleve. Leader.*

Asberry's Shampoo—Powdered castile soap 5 ounces and purified salts of tartar 1 ounce; mix and keep well corked; when used, add a teaspoonful of the mixture to a pint of soft hot water.—[*Mil. Sen.*

Anderson's Shampoo—New England rum 3 pints, bay rum 2 pints, carbonate of ammonia 4 drachms, glycerine 2 ounces, borax 1 ounce, soft water 2 pints; dissolve the ammonia and borax in the water and then add the others.—[*King's Anal.*

Barker's Shampoo—Bay rum 3 quarts, glycerine 2 ounces, carbonate of ammonia 4 drachms, borax 1 ounce, soft water 3 quarts; dissolve the ammonia and borax in the water, then add the glycerine and rum.—[*Dick's Encyc.*

Chappeaux's French Shampoo—Cream of tartar 2 drachms, sal-soda 1 ounce, soft water 1 pint; use in the usual way.—[*Era Anal.*

Dr. Maux's Tonic Shampoo—Tincture of quillaja 10 fluid ounces, eau de cologne 4 fluid ounces, glycerine 3 fluid ounces, fluid extract of pilocarpus 4 fluid drachms, sulphate of quinine 30 grains, orange-flower water enough to make 2 pints in all; dissolve the quinine in the eau de cologne and tincture with the aid of heat; then add the other ingredients and filter.—[*La Temps.*

"Uncle Sam" Shampoo—Dissolve half a cake of white floating soap in a quart of boiling water; let it simmer half an hour over a slow fire; dissolve a tablespoonful of washing soda in a quart of boiling water; add it to the soap mixture; stir together and let cool; rinse the hair always in 4 or 5 clear waters after using the mixture. It will keep well if bottled and tightly corked.—[*West. Drug.*

Edna May's Shampoo—Carbonate of potassium 2 ounces, ammonia water 3 ounces, tincture of cantharides 12 drachms, bay rum 8 ounces, alcohol 8 ounces; dissolve the carbonate in the water, then add the others; rub well into the roots, rinse thoroughly in several waters and dry carefully.—[*Edna May in Tol. Times.*

Mad. Revere's Shampoo—White castile soap 2 ounces, carbonate of potassium 4 drachms, water 8 ounces, alcohol 8 ounces, tincture of jaborandi 2 ounces, oil of lavender 20 drops; dissolve the soap and carbonate in the water, then add the others; rub well into the roots of the hair, then rinse well in several waters.—[*State Jour.*

"Old Concord" Shampoo—Carbonate of ammonia 2 drachms,

carbonate of potassium 4 drachms, tincture of cantharides 4 drachms, bay rum 8 ounces, water 8 ounces; dissolve the two carbonates in the water, then add the other; use same as foregoing.

“Happy Thought” Shampoo—White castile soap 4 ounces, powdered curd soap 2 ounces, carbonate of potassium 1 ounce, honey 1 ounce; make a homogeneous mass over a water bath; incorporate with the whites of 2 eggs and perfume with bergamot.—[*Rural World*.]

Egg Shampoo—Spirits of rosemary 1 ounce, yolk of 1 egg, hot rain water 1 pint; beat the mixture thoroughly and use it warm, in the usual way.

FALLING OUT OF THE HAIR

The falling out of the hair is a mechanical condition pure and simple. When the hair follicle or hair sheath is healthy and active, the bulb of the hair is plump and healthy. When an attempt is made to extricate it from its sheath, it causes a painfully acute sensation. This is because the body or bowl of the sheath is larger than the neck, and the bulb being drawn through this smaller space causes a strain (by distension) upon the nerve tissue. When the hair follicle is torpid and inactive, the hair bulb shrinks through lack of nourishment and slips through the neck of the sheath without strain or painful sensation. If treated in time the hair bulbs will swell again to their normal state and become safely and solidly imbedded in the hair sheath, and the hair again becomes abundant, soft and luxuriant.

With the fine lines about the eyes that herald the approach of middle life comes this thinning and falling and fading out of the hair. So universal is this change in the natural covering of the head, when once the abundant springtime of life has been passed, that writers mention it in their pen pictures of middle-aged folk and artists show it in their portraits of them. But universal as such deterioration, like most of the ills of life it can be avoided by the proverbial ounce of prevention.

Many a young woman whose hair was beautiful in childhood, and even in early girlhood, has been greatly mortified to find it rapidly falling out, or gradually shortening in length; perhaps, too, it has changed as to fineness and color, so that it is no longer beautiful.

Let us see if there are not ways by which all this can be avoided; for here, as everywhere, the individual is under nature's law, and, sooner or later, transgression brings punishment. Very few young women can boast of full heads of hair; and by the time they are 30, or even before, a large percentage of them feel compelled to appropriate that which has belonged to another, in order to present a becoming appearance.

Take gallic acid 3 drachms, castor oil 20 drachms, vaseline 40

drachms, spirits of lavender 1 drachm; rub well into the scalp night and morning.

Or, take phenic acid 4 grains, tincture of nux vomica 15 grains, tincture of red cinchona 60 grains, cologne water 240 grains, oil of sweet almonds 120 grains; mix and apply to the roots of the hair with a soft sponge 1 or 2 times a day. Recommended especially for dry hair.

Or, take tincture of nux vomica 1 ounce, alcohol 2 ounces, spirits of rosemary 2 ounces; apply several times a week to the roots of the hair.

Or, take bay rum 2 ounces, castor oil 4 ounces, spirits of rosemary 2 ounces, oil of bergamot 30 drops; shake well together and rub well into the scalp with the tips of the fingers, applying every night for two or three weeks.

Or, take resorcin 2 drachms, alcohol 8 ounces, odorless castor oil 2 drachms; apply at night, rubbing it well into the scalp.

Or, take corrosive sublimate 40 grains, boric acid 1 ounce, glycerine 8 fluid ounces, water 8 fluid ounces; apply 3 times a week and keep it out of the reach of children.

Or, take corrosive sublimate 15 grains, glycerine 2 fluid drachms, spirits of myrrh 4 fluid drachms, oil of rose geranium 15 drops, water 4 fluid ounces; apply every other day.

Or, boracic acid 4 drachms, glycerine 4 drachms, spirits of wine 8 ounces; apply once a day.

Or, crush fine 2 drachms of iodine crystals and mix well with 1 pint of lukewarm olive oil; apply only occasionally, as very often is said to be injurious.

Or, take tincture of capsicum 2 ounces, glycerine 2 ounces, oil of bergamot 1 drachm; rub well into the scalp 2 or 3 times a week, after washing it with warm water and castile soap, and thoroughly drying.

Wet the hair once a week in a weak solution of salt and water.

Salt and brandy is an excellent tonic for this purpose.

Mix 2 ounces of powdered orris-root with a pound of coarse salt by sifting (so as to mix it well) and rub into the hair and scalp as a dry tonic, and brush out with a good bristle brush.

Wet the scalp frequently with strong sage tea. The fault with most people using this remedy is that they do not persevere in it; there is no better remedy for promoting the growth of the hair than this old-fashioned one.

Or, take fluid extract of jaborandi 1 ounce, tincture of cantharides 4 drachms, soap liniment 17 drachms; rub into the scalp daily.

Try this: Shampoo the hair well, afterward apply the following lotion once a day: Distilled witch hazel 5 ounces and corrosive sublimate 10 grains; after the hair ceases to fall out use the following tonic twice a week: Cologne 16 ounces, tincture of cantharides 2 ounces, oil of lavender 1 drachm.

Or, try this cream: Borax 4 drachms, salts of tartar 1 drachm, oil of sweet almonds 1 ounce; shake well and perfume with a few drops each of oils of bergamot, lemon and lavender if desired; shake well before applying to the scalp.

Or, take green tea 2 ounces and the same quantity of dried sage leaves, put them into an iron pot (one that can be tightly covered) and pour over them 3 quarts of boiling water, and allow to simmer over a slow fire until reduced to 1 quart; take from the fire, let stand in the pot 24 hours, then strain and bottle; wet the hair each night and massage well into the scalp 10 minutes at a time and protect the pillow. It not only prevents the hair from falling out but helps it back to its original color.

Try this: Prepared lard 1 ounce, tannin 30 grains, oil of bergamot 10 drops; melt the lard over a water bath, then add the tannin; perfume when nearly cold, if desired.

FOR¹₁₀₀ OILY, DAMP HAIR

Witch hazel 2 ounces, alcohol 2 ounces, distilled water 1 ounce, resorcin 40 grains; rub well into the scalp every night.

Or, take distilled tar water 36 ounces, chlorate of potash 10 drachms, liquid ammonia 4 drachms; wash the hair every night with a sponge dipped in the lotion.

Or, take powdered bicarbonate of soda 2 drachms, powdered borate of soda 2 drachms, eau de cologne 1 fluid ounce, alcohol 2 fluid ounces, distilled water 1 pint. If used daily it tends to produce a crisp condition of the hair.

FOR DRY, FALLING HAIR

Take tincture of cantharides 4 ounces, liquid ammonia 4 drachms, glycerine 4 ounces, eau de cologne 1 pint, oil of origanum 2 drachms, oil of rosemary 2 drachms, camphor julep 2 pints; mix all but the last item and agitate for fully 10 minutes, then add the julep and again shake well; a few drops of essence of musk or other perfume may be added.—[*Barbers' Jour.*]

Or, tincture of cantharides 2 ounces, cologne 16 ounces, oil of lavender 1 drachm, oil of rosemary 1 drachm; apply to the roots of the hair once or twice a day. It is positively necessary that the scalp should be kept clean. Shampoo the head at least once a week.—[*McCall's.*]

Or, balsam of peru 64 grains, resorcin 1 drachm, castor oil 4 ounces, spirits of wine 40 ounces; shake and apply to the hair every other day.—[*Floral World.*]

Or, take equal parts of bay rum, glycerine and alcohol and apply daily.

Or, try a mixture of acetic acid 1 drachm, cologne water 1 ounce, kerosene oil 3 ounces; rub the scalp night and morning.—[*Home and Fireside.*]

Or, tincture of cantharides 4 ounces, listerine 4 ounces, alcohol 8 ounces, and filter; also good for ringworms and similar skin trouble.—[*Ohio Med. News.*]

Take alcohol 1 pint and as much salt as it will dissolve; add glycerine 1 tablespoonful and flowers of sulphur 1 teaspoonful; rub on the scalp every morning.

BALDNESS

The final and most dreaded ailment that may attack the hair is its total loss. The first hint of baldness may make its appearance between the 20th and the 25th year, sometimes even earlier.

"Baldness is more common in men than in women," says the Medical News, "and when it occurs in the women, not the same part of the head is affected as in men." The cause of this difference, as suggested by a writer in the Wiener Klinik, is to be found in the care and covering of the hair by each sex.

The part of the scalp which in men first becomes hairless is that which the hat-band circles. The tendency of a stiff, unyielding constriction, around any portion of the body, is to limit its blood supply and, consequently, its normal amount of nutrition.

The scalp, however, is much more fully supplied with blood than any other part of the body away from the head, which itself receives about one-third of the body's entire blood supply. When the scalp is covered with a hat, impermeable and provided with a band which constricts the forehead, the normal ventilation of the skin of the scalp is interfered with, perspiration, evaporation, circulation and the conduction of nervous force are all unduly affected. The scalp thus kept heated and moist becomes soft and unhealthy. In women, the scalp is hardened by exposure of the bare head, and is further covered by long hair, which grows more slowly and has more vitality than short hair.

You pull a hair out of your head and you think you see the root sticking on the end. Hairs do not have roots. The bulb that you see on the end of the hair if displayed under a microscope, will reveal the fact that it is made up of a number of smaller bulbs which are hollow. The average number of these bulbs to the hair is 18. They are formed around a nerve gland at the base of the hair follicle and are pushed forward or upward to the neck of the follicle where they concentrate into a horny stratum, which, when exposed to light and air, gains strength and color and continues to grow.

The operation of the growth of a hair is to a degree mechanical and is very much similar to the growth of the finger-nail. If a finger-nail is detached, the organs of growth continue to perform their functions and a new nail is produced. The bulbs are continually forming around the nerve gland and combine with the former set of bulbs. Every inch of hair growing represents just so many sections or tiers of newly-formed bulbs.

The hair follicle or hair cell is formed of minute blood vessels and nerve tissue, the walls being a complete network of these two organs. Just as long as the nervous and blood systems are in a healthy condition this hair follicle will continue to perform its function (that of producing new hair bulbs). When either the blood or nervous system is affected, these minute tissues which form the hair follicle are more readily affected and the formation of new bulbs ceases. The bulb and hair germ in the follicle shrink and fall out and if stimulation is not resorted to the follicle or hair-making machine becomes virtually dormant. Following this condition, a parasite known as "acarus folliculorum" invades the follicle and absorbs the life, in the way of a natural lubricant and sap, which are necessary in the construction and growth of healthy hair. This parasite completely invades the follicle and until routed out by proper treatment remains there and the skin of the scalp becomes coated or covered with what is technically known as "scarf skin." This renders the scalp smooth and slick, causing a "shiny pate," and this dormant condition will remain for years unless proper treatment through massage and stimulating applications are employed.

Remedy Against Baldness—Take boxwood leaves and stems 5 or 6 handfuls, cologne water 4 drachms, water 3 pints; boil the boxwood in the water in a closely covered vessel for 15 minutes, then let it stand in a covered earthen jar for 10 hours or more, strain, and add the cologne; wash the hair every morning with it.

The Lassar Treatment for Baldness and Dandruff—Bichloride of mercury 10 grains, glycerine 10 ounces, alcohol 2 ounces, distilled water 5 ounces; wash the head thoroughly for 10 minutes with a good tar soap; wash out the lather with plenty of warm water followed by cold water; dry the hair and apply the foregoing lotion; follow this with a mixture of 15 grains of naphthol to 4 ounces of absolute alcohol; rub this in until the hair is dry, and then apply a mixture made of 30 grains of salicylic acid, 1 drachm of the tincture of benzoin and 3 ounces of purified neat'sfoot oil. The whole process will take about 20 minutes.

Raymond's Remedy Against Baldness—Resorcin 1 ounce, glycerine 8 fluid ounces, spirits of myrrh 8 fluid ounces; apply at least once a day to the scalp with a piece of soft flannel and rub it well into the skin.—[*Dr. G. W. Raymond.*]

Simpson's Ointment for Baldness—Salicylic acid 2 drachms, resorcin 4 drachms, lanoline 12 drachms, benzoated lard 4 drachms; mix thoroughly by melting all together over a water bath and stirring well; apply to the scalp at least once a day with a piece of soft flannel and rub until the skin glows.—[*Era Anal.*]

Quinine Hair Stimulant—Tincture of sulphate of quinine and aromatic tincture of each 2 ounces, oil of bergamot 10 drops.

Black Tea Hair Stimulant—Black tea 2 ounces, bay rum

1 quart, tincture of cantharides 4 drachms, glycerine 3 ounces, oils of bergamot and rosemary of each 1 drachm, boiling water 1 gallon; scald the tea in the water for half an hour, strain through muslin, and add the glycerine, cantharides and rum while hot; when cold add the perfume and bottle.—[*Drug. Cir.*

Hardy's Hair Stimulant—Bay rum and cologne water of each 2 ounces, tincture of cantharides 6 drachms, oil of rosemary 1 drachm.

Dr. Mills' Hair Stimulant—Essential oil of bitter almonds 15 drops, castor oil 2 ounces, tincture of cantharides 3 drachms, spirits of rosemary 2 drachms; first irritate the scalp with the hair-brush before using.—[*McCall's*.

Mrs. Gray's Hair Stimulant—Pure bay rum $\frac{1}{2}$ gill, onion juice 1 gill, pearlash 4 drachms, oil of rosemary 20 drops, soft water 1 pint; rub the head with a rough linen towel wet with the liquid.—[*Mrs. Celia Gray in Fash. World*.

Geo. Wood's Hair Stimulant—Beef marrow 8 ounces, tincture of cantharides 1 ounce, oil of bergamot 20 drops; melt the marrow, strain and mix; apply occasionally.—[*Dick's Encyc.*

Nichols' Hair Stimulant—Alcohol 1 pint, carbonate of ammonia 4 ounces, tincture of cantharides 2 ounces, oil of mace 1 ounce, cologne water 1 ounce, castor oil 1 gill, olive oil 1 gill, oils of bergamot and cloves of each 20 drops; shake occasionally for 2 or 3 days.—[*Pharmacist*.

Rowland's Hair Stimulant—Sweet oil 8 ounces, alkanet chips 2 drachms, tincture of cantharides 60 drops, essences of lemon and neroli of each 60 drops, otto of roses 10 drops; place the sweet oil in a jar; tie the alkanet chips in a coarse muslin rag and suspend it in the oil for a week, covering from the dust; then add the others, and allow all to stand 3 weeks, closely corked.—[*Era Anal.*

Mearing's Hair Stimulant—New England rum 1 pint, yellow-dock root 1 pound, juice of 3 ordinary sized onions, sweet oil 3 ounces, pulverized borax 1 ounce, coarse salt 4 drachms, ambergris 10 grains, oil of lavender 2 drachms, water 5 pints; boil the dock root in the water down to 1 pint, strain, and add the others; when cold add the perfumes. A good stimulant for the hair.—[*Mrs. Josie Mearing in Home Jour.*

Hoofland's Hair Stimulant—Lard oil 6 ounces, spirits of ammonia 1 ounce, oil of bergamot 1 drachm; keep always corked.

Dr. Beard's Hair Stimulant—Pure bay rum, glycerine, carbonate of ammonia and rose water of each 4 ounces, tincture of cantharides 1 ounce; mix and shake; dilute with water as may be necessary, enough to cause only a slight smarting of the scalp, and thoroughly shampoo the head once or twice a week.—[*Med. Prac.*

Barlow's Hair Stimulant—Sulphate of quinine 30 grains, acetic acid 2 grains, resorcin 120 grains, oil of eucalyptus 2

drachms, tincture of cantharides 3 drachms, alcohol 12 ounces, water 4 ounces; shake occasionally until all is dissolved and then filter; apply to the roots every night by massaging with the fingers.

A Simple Hair Restorative—Best olive oil 1 pint, dry ammonia 1 ounce; rub the ammonia in the oil until they are thoroughly mixed and the ammonia dissolved; use brush often.

Hartley's Hair Restorative—Sugar of lead 2 drachms, lac sulphur 4 drachms, copperas 1 drachm, oil of bergamot 30 drops, rain water 60 ounces; apply daily.—[*Era Anal.*]

Tarrant's Hair Restorative—Sugar of lead 1 drachm, lac sulphur 1 drachm, pulverized copperas 32 grains, tannin 32 grains, rose water 4 ounces.—[*Era Anal.*]

Mrs. Allen's Hair Restorative—Tincture of acetate of iron 1 ounce, sulphuret of potassium 5 grains, glycerine 4 drachms, otto of roses 20 drops, rain water 1 pint; mix, but leave the bottle uncorked until it becomes nearly odorless, then add the otto.—[*Tilden's Anal.*]

Booth's Hair Restorative—Tincture of cantharides 4 drachms, alcohol 8 ounces, castor oil 4 drachms, bay rum 1 pint, carbonate of ammonia 2 drachms, oil of lavender 1 drachm; use daily, always shaking before applying.—[*King's Anal.*]

Phalon's Hair Restorative—Take 95% alcohol 4 ounces, oil of rose geranium 20 drops, olive oil 4 drachms; shake well.—[*Era Anal.*]

Leroux's Hair Restorative—Tincture of cantharides 2 drachms, pure glycerine 4 drachms, strong spirits of ammonia 1 ounce, rosemary water 8 ounces; apply with sponge.—[*Dick's Encyc.*]

Sunlight Hair Restorative—Tincture of cantharides 5 ounces, Jamaica rum 5 ounces, glycerine 1 ounce, sesquicarbonate of ammonia 4 drachms, oil of rosemary 40 drops; mix, then add 9 ounces of distilled water; use at least once a day.—[*Prac. Pharm.*]

Dr. Gray's Hair Restorative—Corrosive sublimate 15 grains, glycerine 2 fluid drachms, bay rum 4 fluid ounces, oil of rose geranium 16 drops, enough distilled water to make 8 ounces in all; apply to the hair 2 or 3 times a day.—[*Med. Prac.*]

"Boston" Hair Restorative—Tincture of cantharides 1 ounce, resorcin 3 drachms, castor oil 4 drachms, oil of rosemary 10 drops, enough bay rum to make 8 ounces in all; use daily.—[*Drug. Bul.*]

Prof. Wood's Hair Restorative—Sugar of lead 1 ounce, lac sulphur 1 ounce, borax 1 ounce, essence of bergamot 1 ounce, alcohol 4 ounces, ammonia water 4 drachms, fine table salt 2 drachms, soft water 3 pints; mix the lead, sulphur, borax and alcohol together, and allow to stand 14 hours, then add the others.—[*King's Form.*]

Prof. Black's Hair Restorative—Artemisia abrotanum

(southernwood) 2 ounces, boxwood leaves 6 ounces, salts of tartar 30 grains, spirits of rosemary 2 ounces, water 4 pints; boil the wood and leaves in the water for 15 minutes and to each pint of the liquid add the other two.—[*Era Anal.*]

Henderson's Hair Restorative—Sulphate of iron 2 drachms, flowers of sulphur 1 drachm, tincture of jaborandi (pilocarpus) 2 ounces, extract of rosemary 1 ounce, extract of thyme 1 ounce, alcohol 2 ounces, glycerine 2 ounces, elder-flower water 16 ounces; shampoo the hair before the first application; apply to the scalp each night with a soft brush; massage for 5 minutes; when the color is restored use but once a week.—[*Amer. Drug.*]

Dr. Howe's Hair Restorative—Pure oil of behn 1 quart, oil of sweet marjoram 1 ounce, oil of rosemary 4 drachms, oil of lavender 2 drachms.—[*Drug. Bul.*]

Ely's Hair Restorative—Powdered aleppo nut-galls 2 drachms, green sulphate of iron 2 drachms, common salt 1 drachm, Bordeaux wine 12 fluid ounces; simmer the last three together for 5 minutes in a glazed saucepan, and then add the nut-galls, and simmer again, stirring occasionally; as soon as the liquid is cold add a teaspoonful of good brandy, cork up in a bottle and shake well; in a few days the clear portion can be decanted off for use; before applying it, free the hair from all dust and grease by washing with ammonia and water, dry it thoroughly, and then apply the liquid with an old tooth-brush.—[*Am. Nat. Drug. Jour.*]

Hall's Hair Renewer—Precipitated sulphur 1 drachm, acetate of lead 1 drachm, common table salt 2 drachms, glycerine 8 fluid ounces, bay rum 2 ounces, Jamaica rum 4 ounces, water 16 ounces; shake before using; apply daily.—[*Drug. Cir.*]

Gatchel's Hair Renewer—Sulphate of quinine 2 scruples, glycerine 2 ounces, cologne 2 ounces, lanoline 2 drachms, bay rum 4 ounces, fluid extract of jaborandi 1 drachm, rose water 22 ounces; apply to the hair 3 times a week and rub well into the scalp.—[*Era Anal.*]

Manning's Hair Renewer—Sulphate of quinine 2 drachms, sulphate of zinc 1 drachm, glycerine 4 ounces, bay rum enough to make 1 quart in all; apply 2 or 3 times a week.—[*East. Drug.*]

Barrett's Hair Renewer—Tincture of cantharides 2 drachms, liquid hartshorn 1 drachm, cologne spirits 2 ounces, oil of rosemary 15 drops, oil of lavender 15 drops; shake well.—[*Drug. News.*]

Hall's Vegetable Sicilian Hair Renewer—Sugar of lead 15 grains, lac sulphur 1 drachm, ammonia 1 drachm, alcohol 1 ounce, glycerine 1 ounce, oil of lavender 15 drops, soft water 1 pint; shake occasionally for two days and keep well corked.—[*Jour. of Chem.*]

Bordett's Hair Strengtheners—Tincture of nux vomica 2 drachms, tincture of cinchona compound 1 drachm, tincture of

cardamom 30 drops, carbolic acid 30 drops, cologne water 1 drachm, cocoanut oil enough to make 4 ounces in all; mix and make daily applications.—[*King's Anal.*]

Harrison's Hair Strengtheners—Oleo-balsamic mixture 4 fluid ounces, glycerine 5 fluid ounces, rose water 20 fluid ounces, tincture of cantharides 4 drachms, carbonate of ammonia 15 grains; mix, shake thoroughly, let it stand for 1 hour, and filter; make an application daily.—[*West. Drug. Jour.*]

Burns' Hair Invigorator—Rectified spirits 1 pint, bay rum 2 pints, olive oil 4 drachms, castor oil 4 drachms, carbonate of ammonia 4 drachms, oil of wintergreen 2 drachms; apply daily, and shake well each time before using.—[*King's Form.*]

Bartlett's Hair Invigorator—Best alcohol 1 pint, cantharides 1 drachm, castor oil 1 pound, oil of bergamot 1 ounce, otto of roses 5 drops; mix, let stand a few days, and then filter.—[*Dr. Chase's Rec.*]

Minot's Hair Invigorator—Sugar of lead 1 drachm, camphor 1 drachm, scrapings of lead 2 ounces, litharge of gold 2 drachms, soft water 1 pint, oil of rosemary flowers 1 drachm; boil the scrapings, gold and sugar of lead in the water for half an hour; then when cold pour off the liquid and add the camphor and rosemary oil, shake well until thoroughly dissolved, and strain.—[*Dick's Encyc.*]

Ayer's Hair Vigor—Sugar of lead 3 drachms, sublimed sulphur 2 drachms, glycerine 14 drachms, water 5 pints.—[*Fowler's Form.*]

"Champion" Hair Grower—Cologne water 1 ounce, bay rum 2 ounces, ammonia water 2 drachms, rosemary water 3 ounces; apply occasionally.

Mordaunt's Hair Grower—Tincture of cantharides 1 drachm, prepared lard 1 ounce, oil of bergamot 20 drops; apply occasionally. This is the "blistering process" of growing hair.—[*Era Anal.*]

Seven Sutherland Sisters' Hair Grower—Distilled extract of witch hazel 9 fluid ounces, bay rum 7 fluid ounces, common salt 1 drachm; mix the rum and witch hazel, and shake with a little calcined magnesia added; filter, and in the filtrate dissolve the salt and shake again. An analysis made of another sample disclosed a trace of hydrochloric acid—about a drop to the quantity given above.—[*Jour. of Pharm.*]

Alpine Hair Balm—Alcohol 8 ounces, sugar of lead 2 drachms, camphor 2 drachms, spirits of turpentine 4 drachms, soft water 16 ounces; apply occasionally.—[*Chase's Recipes.*]

Hunt's Hair Balm—Cologne water, vinegar of cantharides and rose water of each equal parts; rub into the roots of the hair twice a day until the scalp smarts.—[*Carter's Anal.*]

Universal Hair Balm—Aromatic spirits of ammonia 1 ounce, eau de cologne 1 ounce, rectified spirits of wine 2 ounces, essence of

bergamot 2 drachms, water 4 ounces; mix all but the latter, shake well, then add the water; shake again for 5 minutes and bottle.—[*King's Form.*

Mitchell's Hair Balm—Elder-flower water 1 pint, tincture of arnica 1 ounce, sherry wine 1 pint, strong alcoholic ammonia 2 drachms; apply to the hair every night with a sponge, washing the head twice a week with warm water.—[*Smith's Mag.*

Black Tea Hair Balm—Strong black tea infusion 10 ounces, glycerine 2 ounces, alcohol 2 ounces; mix and perfume to suit. The tea infusion should be made very strong—say, 1 ounce of tea to 10 ounces of boiling water; allow it to steep for 20 minutes, then let stand until cold, strain, and add the other ingredients; apply with a soft sponge to the roots of the hair. It is not a stain but a tonic, although it will darken blonde hair.

Rizot's Hair Balm—Sulphate of quinine 3 drachms, tincture of cantharides 4 drachms, distilled witch hazel 16 ounces, glycerine 1 ounce, alcohol 4 ounces, oil of anise 24 drops; apply once a day.

Sage Tea Hair Balm—Garden sage 2 ounces, alcohol 2 ounces, green tea 2 ounces; macerate 4 or 5 hours, strain, bottle and keep tightly corked to prevent evaporation. This makes a splendid application as a stimulant for weak and falling hair, and will dye it a good dark brown, therefore should not be used on blonde hair.

Newman's Hair Tonic—Strong black tea 1 pint, bay rum 4 ounces, glycerine 4 ounces, spirits of rosemary 4 ounces; apply 3 times a week.—[*New Ideas.*

Taylor's Hair Tonic—Tincture of cantharides 2 drachms, aromatic spirits of ammonia 2 drachms, alcohol 8 ounces, castor oil 1 ounce, glycerine 2 drachms, oil of bergamot 30 drops; shake well for 2 days.

Dr. Tate's Hair Tonic—Tincture of cantharides 1 ounce, resorcin 3 drachms, castor oil 4 drachms, oil of rosemary 10 drops, bay rum enough to make 8 ounces in all; rub into the scalp well 2 or 3 times a week.

Dr. Benton's Hair Tonic—Tincture of cantharides 4 drachms, tincture of nux vomica 5 drachms, aromatic vinegar 8 drachms, glycerine 4 drachms, rose water 12 drachms; use every night, rubbing it well into the scalp with a small sponge.

Dr. Clark's Hair Tonic—Sulphate of quinine 2 drachms, diluted sulphuric acid 30 drops, rectified spirits 4 ounces, glycerine 4 drachms, essence of musk 10 drops, rose water 6 ounces; mix the first three with the rose water, and then add the glycerine and essence last; agitate until the solution is complete; apply to the roots of the hair every day.—[*Sou. Mag.*

Chenau's Hair Tonic—Tincture of cantharides 6 drachms, tincture of capsicum 6 drachms, bay rum 3 ounces, oil of lavender 2 drachms, alcohol enough to make 32 ounces in all; shampoo

the hair before making the first application; then apply the tonic each night.—[*N. Y. Drug.*

"London Court" Hair Tonic—Chloral hydrate 3 drachms, resorcin 1 drachm, oil of sweet almonds 1 drachm, chloroform 6 drachms, cologne water 6 ounces, alcohol $5\frac{1}{2}$ ounces; shake well; apply once a day with a small sponge, working it down to the scalp with a stiff bristle-brush; keep well corked.—[*Liv. Gaz.*

Excelsior Hair Tonic—Tincture of cantharides 6 drachms, oleo-balsamic mixture 6 drachms, castor oil 4 ounces, benzoic acid 270 grains, tannic acid 1 drachm, alcohol 16 ounces—all fluid measure except the acids; mix and filter; apply 2 or 3 times a week.—[*Ladies' Home Mag.*

Dr. Lowell's Hair Tonic—Nitrate of pilocarpine 4 grains, tincture of cantharides 4 drachms, cologne water 4 ounces, enough soap liniment to make 16 ounces in all; after washing the hair thoroughly, rub the scalp softly every night with a little brush dipped in the liquid. It should not be used on hair that is dry and breaks easily—no matter what the label says.

"Nonpareil" Hair Tonic—Tincture of cantharides 1 ounce, bisulphate of quinine 2 drachms, listerine 14 ounces; rub into the scalp night and morning.

Wright's Hair Tonic—Tincture of cantharides 1 drachm, tincture of nux vomica 4 drachms, tincture of cinchona compound 1 ounce, carbolic acid 10 drops, enough cocoanut oil to make 4 ounces in all; to imitate precisely, scent with a little oil of bergamot; rub the scalp night and morning with a small sponge dipped in the liquid.—[*King's Anal.*

Kilmer's Hair Tonic—Tincture of cantharides 10 drachms, sulphate of quinine 1 drachm, tincture of rhatany 20 drachms, glycerine 75 drachms, alcohol 500 drachms, spirits of lavender 50 drachms; rub into the scalp every night.—[*Drug. Cir.*

Dr. Sullivan's Hair Tonic—Tincture of cantharides 1 ounce, water of ammonia 4 ounces, boracic acid 2 drachms, bay rum 2 ounces, alcohol 1 ounce; apply once a day.—[*Barker's Mon. Mag.*

Dr. Begg's Hair Tonic—Tincture of cantharides 1 ounce, oil of sweet almonds 2 ounces, alcohol 4 ounces, oil of bay 1 drachm, oil of nutmeg 1 drachm, oil of sassafras 1 drachm; shake well for 3 days.—[*Dr. John Begg in Household.*

"Just Right" Hair Tonic—White wax 1 ounce, prepared lard 2 ounces, balsam of peru 2 drachms, tincture of cantharides 30 drops, oil of lavender 10 drops; melt the first two together over a water bath, add the cantharides and balsam while hot, and when nearly cold add the perfume and stir thoroughly. Circular claims that it will restore the growth of the hair when all other preparations have utterly failed.—[*McCall's.*

Hall's Hair Health—Sugar of lead 1 drachm, precipitated sulphur 1 drachm, common table salt 2 drachms, glycerine 8 ounces, bay rum 2 ounces, Jamaica rum 4 ounces, water 1 pint.

Harter's Hair Health—Powdered castile soap 16 grains, salts of tartar 2 drachms, water of ammonia 3 drachms, glycerine 2 drachms, alcohol 4 ounces, enough water to make 10 ounces in all; rub well into the scalp 2 or 3 times a week.—[*Sci. of Health*.

Walker's Hair Health—Salicylic acid 1 drachm, spirits of ether 4 drachms, glycerine 1 drachm, alcohol 3 ounces, enough bay rum to make 8 ounces in all.—[*Ladies' Nat. Mag.*

Kinnear's Hair Promoter—Resorcin 4 drachms, listerine 2 ounces, glycerine 20 drops, enough rose water to make 8 ounces in all; apply to the scalp twice a week.—[*Nat. Lyric*.

Gaines' Hair Promoter—Take a small handful each of witch hazel bark and bittersweet, put into an iron dish and pour on it a quart of boiling water; let it simmer (not boil) down to a pint; strain, and add bay rum 4 ounces, glycerine 4 drachms; rub thoroughly into the scalp once a day, shaking the bottle well enough each time before using. If the hair follicles have not been destroyed, this is sure to promote a growth of hair.—[*Wesley Gaines in West. Rural*.

Dr. Grant's Hair Promoter—Tincture of cantharides 1 drachm, castor oil 4 ounces, purified beef marrow 1 ounce, lemon juice 4 drachms; rub into the scalp morning and evening.—[*Home Jour*.

Canadian Hair Promoter—Fluid extract of pilocarpine 1 ounce, soap liniment 3 ounces; rub thoroughly into the scalp morning and evening.—[*Era Anal*.

DANDRUFF

Dandruff is perhaps the most frequent trouble to which the scalp is an heir. It is also one of the chief causes of loss of the hair. It is characterized by loose, scaly follicles, dry, grayish, more or less abundant, very thick and tenacious. As dandruff increases, it forms a mass of these scaly substances, yellowish frequently, and often even causing the hair to stick together. Dandruff seems to confine itself to no special age—young people may have it as well as the aged. Gout, rheumatism, heredity, digestive troubles, anaemia, weakness, general depression, excess of any sort and trouble will all increase dandruff. Some authorities consider it a disease, while others claim dandruff to be a perfectly natural accumulation—the result of dust, moisture and the natural falling away of particles of dead skin; that this is happening constantly all over the body, and the hair holds the flakes which otherwise would fall away. Be this as it may, it is a very common disorder, and often one of very much annoyance.

A cleansing mixture adapted to light hair, that brightens without dyeing, is made from equal parts of dried rhubarb and strained honey, steeped for 24 hours in 3 parts of white wine

in the same proportion; at the end of that period the mixture, which should have been lightly covered, is strained, and the head and long hair are entirely covered with it. The preparation should stay on for at least half an hour and until dry. It then must be washed off in clear water, putting a little baking soda in the final rinse.

Missouri Dandruff Cure—Resorcin 1 drachm, ether 1 drachm, olive oil 1 drachm, alcohol 6 ounces; shake well; after it is applied to the head, rub the scalp well with the finger tips.—[*K. C. Jour.*]

Mrs. Boyd's Dandruff Cure—White cerate 2 ounces, creosote 1 drachm, borax 4 drachms, rosemary water 2 pints.—[*Household.*]

Chloral Dandruff Cure—Hydrate of chloral 1 drachm, water 12 ounces; moisten the scalp with this solution every day; the scalp will be cleared of dandruff, and the hair prevented from falling out.—[*Drug Cir.*]

Dr. Grayson's Dandruff Cure—Hydrate of chloral 24 grains, tincture of cantharides 1 drachm, bay rum 1 ounce, castor oil 2 ounces, glycerine 2 ounces, diluted alcohol 5 ounces; apply about half an ounce every day and rub the scalp well.—[*Med. Asso. Jour.*]

Prof. Staley's Dandruff Cure—Tincture of cinchona 1 ounce, solution of potassium 2 drachms, salts of tartar 1 drachm, cologne water 1 ounce, water enough to make 8 ounces in all.—[*Sou. Homes.*]

Dr. Wagner's Dandruff Cure—Tincture of capsicum 2 ounces, glycerine 8 ounces, cologne water 25 ounces, soft water 25 ounces; wash the head daily with it.—[*Sunbeam.*]

Dr. Elliott's Dandruff Cure—Balsam of peru 2 drachms, beta-naphthol 4 drachms, lanoline 3 ounces, benzoated lard 1 ounce; melt and mix; rub into the scalp once a day.—[*Comfort.*]

"Old Fort" Dandruff Cure—Tincture of cinchona compound 4 ounces, tincture of benzoin compound 8 ounces, glycerine 4 ounces, spirits of lavender 8 ounces, water 8 ounces—all fluid measure; rub well into the scalp 2 or 3 times a week.—[*Happy Hours.*]

Stearns' Dandruff Cure—Salicylic acid 1 drachm, glycerine 2 drachms, cologne water 3 drachms, soft water 6 ounces; apply and "scratch" into the scalp with a stiff bristle-brush 2 or 3 times a week.—[*Stearns' Non-Secret Preparations.*]

Coke Dandruff Cure—Resorcin 4 drachms, alcohol 4 ounces, water 4 ounces; apply two or three times a week, rubbing the scalp lightly but for some time at each application; color to imitate, if you desire.—[*Era Anal.*]

Prof. Lauriat's Dandruff Cure—Resorcin 48 grains, glycerine 2 drachms, alcohol enough to make 2 ounces in all; apply with a medicine dropper every night, rubbing it in well with the finger tips.—[*Maine Coast Cottager.*]

Dr. Lorenzi's Dandruff Cure—Salol 1 drachm, tannic acid 2 drachms, balsam of peru 1 ounce, lanoline 1 ounce, benzoated lard 2 drachms, oil of bergamot 20 drops; melt the lard, lanoline and balsam together over a water bath, add the acid and salol, stirring constantly, and while cooling stir in the bergamot; apply to the scalp every other day, rubbing it well into the roots of the hair.—[*Jour. of Med. and Sci.*]

Quick Dandruff Cure—Caustic potash 16 grains, phenic acid 48 grains, cocoanut oil 1 ounce, lanoline 1 ounce; rub a small portion into the scalp night and morning. It is claimed that it not only removes but cures dandruff.—[*New Ideas.*]

Whitley's Dandruff Cure—Salicylic acid 1 drachm, borate of soda 30 grains, balsam of peru 50 drops, oil of anise 10 drops, oil of bergamot 30 drops, vaseline 6 ounces; mix all thoroughly into a pomade and use like all other preparations for the removal and cure of dandruff.—[*Amer. Homes.*]

Whilden's Dandruff Cure—Boroglyceride 2 ounces, bay rum 1 quart, tincture of lobelia 1 ounce, tincture of cantharides 2 ounces; mix and dress the hair occasionally with the lotion. The greatest merit claimed for this preparation by the maker is that of relieving the scalp of an intolerable itching suffered by some people.—[*Fireside Gem.*]

Minot's Dandruff Cure—Flowers of sulphur 2 ounces, borax 1 ounce, boiling water 1 pint; mix, and when cool pour into a bottle and shake occasionally for 3 or 4 days, then strain; moisten the scalp thoroughly with it 3 times a week; scent with bergamot to imitate.—[*King's Anal.*]

Souder's Dandruff Cure—Tincture of cantharides 1 ounce, bay rum 5 ounces, olive oil 1 ounce; apply daily and rub it well into the scalp.—[*Yankee Blade.*]

Dr. Gale's Dandruff Remedy—Tincture of cantharides 1 drachm, borax 2 drachms, cologne water 1 pint, rose water 1 pint; apply morning and evening.—[*Wel. Guest.*]

Hardy's Dandruff Remedy—Good brandy 2 ounces, pure bay rum 2 ounces, oil of lavender 20 drops; apply to the hair once a day.—[*Zion's Advocate.*]

Parmenter's Dandruff Remedy—Resorcin 2 drachms, sulphuric ether 2 drachms, olive oil 2 drachms, rectified spirits of wine 13 ounces; shake well and apply to the scalp 3 times a week with a bristle-brush.—[*Amer. Chem. Jour.*]

Dr. Stephen's Dandruff Remedy—Tincture of Spanish flies 4 drachms, glycerine 2 ounces, rose water 6 ounces; use 3 times a week.—[*Chimes.*]

Beatty's Dandruff Remedy—Green soap 35 drachms, spirits of alcohol 15 drachms, spirits of lavender 5 drachms; rub the scalp with it every night.—[*Annals of Gyn.*]

"The Best" Dandruff Remedy—Tincture of cantharides 1 ounce, liquid ammonia 1 drachm, glycerine 4 drachms, oil of

thyme 4 drachms, oil of rosemary 15 drops, rose water 6 ounces; rub the scalp daily until cured.—[*Mrs. Dr. Williams in Phys. Ed. Rev.*

Eureka Dandruff Remedy—Muriate of ammonia 10 grains, glycerine 1 ounce, rose water 5 ounces; rub briskly into the scalp; at the end of 10 days shampoo the head; if the scales are hard, moisten them with olive oil; if the crusts are soft, wash the scalp with the tincture of green soap, rinse thoroughly and apply oil of sweet almonds to the head, rub in with the finger tips, and then use remedy.—[*Home Queen.*

An Old Dandruff Remedy—Pour a pint of rose water over an ounce of sassafras bark (from the root) contained in a stone crock or jar, place it in a pan of hot water and allow the rose water and bark to boil; let the solution stand until cold, then add a small wineglassful of alcohol and 2 drachms of pearlsh; apply to the scalp once each day.—[*Banner of Light.*

"Lakeside" Dandruff Remedy—Tincture of cantharides 5 fluid drachms, carbonate of potassium 2 drachms, ammonia water 12 fluid drachms, oil of myrrh 12 drops, orange-flower water 1 drachm; apply to the hair daily.—[*Choir Jour.*

Bandolines

Fluffing the Hair—Ivory soap 1 bar, soft water 2 pints, toilet water 2 drachms, eggs 6; shave the soap into ribbons and warm in the water to the consistency of jelly; when nearly cool, stir in the toilet water and eggs, and beat up all well together with an egg beater.—[*Beauty column in Modern Women.*

To Make Curly Hair Lie Flat—White wax 2 ounces, prepared suet 2 ounces, pure sweet oil 1 ounce, oil of bergamot 25 drops, oil of citron 25 drops; melt the suet over a water bath, and while hot thoroughly dissolve the wax in it; remove from the fire and add the scents. There is nothing, however, that will permanently take the curl from naturally curly hair.—[*Hou. Comp.*

For Wavy Hair—Get a 5-cent box of white pine tar, pour the contents into a quart size bottle filled with hot water; allow to stand until cold; the tar will cling to the bottom of the bottle; do not shake—just use the water from the tar; put a little into a small vessel and rub into the scalp and on the hair with a brush while the hair is wet; push it forward and press it with the fingers. It cannot be used too often, as it is also a good tonic for the hair.—[*Det. Ret. Drug.*

Dr. Benton's Hair Curler—Ivory soap 2 pounds, spirits of wine 3 pints, essence of ambergris 2 drachms, essence of citron 2 drachms, essence of neroli 2 drachms; shave the soap into ribbons and melt it with the wine over a water bath, stir well, and while cooling add the essences.—[*N. E. Mag.*

Baydon's Hair Curler—Dry carbonate of potash 4 drachms,

powdered cochineal 1 drachm, liquor of ammonia 2 drachms, spirits of rose 2 drachms, glycerine 4 drachms, rectified spirits 3 fluid ounces, distilled water 36 fluid drachms; digest with agitation for a week, then filter.—[*New Styles, Boston.*]

Forsha's Hair Curler—Quince seed 1 drachm, glycerine 6 ounces, alcohol 5 ounces, oil of bergamot 30 drops; soak the seed in 21 ounces of hot water until a mucilage is formed, strain and add the others.—[*Soc. Vis. Mag.*]

Anita Hair Curler—Quince seed 3 drachms, cologne water 1 ounce, oil of cloves 12 drops, oil of lavender 12 drops; soak the seed in 1 pint of hot water for several hours, strain and add to the resulting mucilage the cologne water, with which the perfumes have been previously mixed.—[*Spatula.*]

Wister's Hair Curler—Gum arabic 1 drachm, borax 3 ounces, strong spirits of camphor 12 fluid drachms; dissolve the first two in a quart of hot water (not boiling) and when cold add the camphor; on retiring wet the hair with the liquid and roll it up in twists of paper.—[*Waverly Mag.*]

Mrs. Devere's Hair Curler—Quince seed 1 ounce, distilled water 1 quart, alcohol 3 ounces, cologne water 3 ounces; boil the seed and water gently until reduced one-half; strain through cheese-cloth, then add the others.—[*Tol. Blade.*]

American Hair Curler—Carbonate of potash 2 drachms, water of ammonia 1 drachm, glycerine 4 drachms, alcohol 12 drachms, rose water 18 ounces; moisten the hair; adjust it loosely, when it will curl upon drying.—[*Wedding Bells, Boston.*]

Barton's Hair Curler—Gum arabic 1 drachm, sugar 1 drachm, rose water 2 ounces; moisten the hair with it on retiring and roll up in twists as usual.—[*Woman's Jour.*]

Marchisi's Hair Curler—Olive oil 12 drachms, oil of origanum 1 drachm, oil of rosemary 90 drops; moisten the hair and roll up as in other curling fluids.

Van Stan's Hair Curler—Borate of soda 1 drachm, gum arabic 7 grains, spirits of camphor 75 grains, extract of heliotrope 20 grains; dissolve the first two in 2 quarts of boiling water; allow to get cold, add the camphor and then the perfume.

Dr. Bentley's Bandoline—Gum tragacanth 2 drachms, glycerine 5 drops, rose water 1 pint; mix, and allow it to stand over night; use in same manner as hair curlers.—[*Psyche.*]

Unger's Bandoline—Gum tragacanth 3 drachms, proof spirits 6 ounces, otto of roses 20 drops, soft water 1 pint; soak the gum in the water for 24 hours, strain, then add the other two articles.

Mrs. Ulen's Bandoline—Gum tragacanth 6 drachms, rose water 1 pint; allow to stand 48 hours, frequently stirring it, then strain through a coarse linen cloth; allow it to stand again for 48 hours and again strain; then stir in slowly oil of roses 30 drops.—[*Home Needlework.*]

Phalon's Bandoline—Spirits of wine 2 ounces, borax 2 ounces, alcohol 1 ounce, white wax 1 drachm, powdered gum senegal 1 drachm, soft water 1 quart; heat the water, but not to the boiling point, and dissolve the gum in it; now dissolve the borax in the spirits; next dissolve the wax over a water bath, remove from the fire and slowly add the alcohol; now unite all into one mixture.—[*King's Anal.*]

Oils, Creams, Pomades, Etc.

To Color Hair Oil Yellow—A yellow or orange tinge may be given by rubbing up a little annatto with a portion of the oil while hot, and then adding it to the remainder at a gentle heat.—[*Jour. of Chem.*]

To Color Hair Oil Green—A green tinge may be given by steeping a little green parsley, or spinach leaves, or lavender leaves, in the oil for a few days, while cold; or by dissolving 2 to 3 drachms of gum guaiacum in each pint of it by the aid of a gentle heat.—[*Barbers' Jour.*]

To Make Bear's Grease for the Hair—Prepared lard 3 ounces, spermaceti 4 drachms, oil of sweet almonds 8 ounces, oil of jasmine 1 drachm, oil of lavender 1 drachm; melt the first two together over a water bath, stir into it the almond oil, and when nearly cold add the perfumes.

To Make Bear's Oil for the Hair—Good lard oil 1 pint, oil of bergamot 6 drachms; melt the lard oil (if hard) with a gentle heat, and when nearly cold stir in the perfume, and you will have what most druggists sell for high-priced bear's oil.—[*King's Form.*]

To Make Ox Marrow for the Hair—Ox tallow 4 ounces, freshly prepared lard 6 ounces, white wax 1 ounce, oil of bergamot 6 drachms; melt the first three together over a water bath, and when nearly cold stir in the perfume.—[*Jour. of Pharm.*]

A Stimulating Hair Oil—Oil of sweet almonds 4 ounces, oil of origanum 1 drachm, oil of rosemary 30 drops, oil of English lavender 15 drops; bottle and agitate for 2 days.

Domestic Hair Oil—Castor oil 6 ounces, liquid ammonia 1 drachm, alcohol 8 ounces, oil of bergamot 2 drachms, oil of lemon 2 drachms; bottle and shake occasionally for 2 days.

A Hair-Growing Oil—Oil of sweet almonds 4 ounces, oil of nutmeg 1 drachm, expressed oil of mace 1 drachm. Very powerful in its effect.—[*Drug. Jour.*]

Boston Hair Oil—Good brandy 1 ounce, best bay rum 1 ounce, fresh olive oil 3 ounces, oil of bergamot 20 drops.

Coxe's Hair Oil—Best olive oil 1 pint, oil of bergamot 1 drachm.—[*Dick's Encyc.*]

Carter's Hair Oil—Castor oil 1 ounce, alcohol 4 ounces, oil of bergamot 30 drops; mix and shake occasionally for 2 or

3 days; always keep bottle well corked to retain the perfume.—
[*Era Anal.*

Macassar Hair Oil—Best olive oil 16 ounces, oil of origanum 1 ounce, oil of rosemary 1 scruple; shake well for two days.

Cady's Hair Oil—Fresh and pure oil of behn 5 ounces, oil of bergamot 1 drachm.

Dr. Scally's Hair Oil—Best olive oil 2 pints, oil of rosemary 1 drachm, otto of roses 1 drachm.

New York Barber Star—Take 95% alcohol 12 ounces, castor oil 12 ounces, oil of citron 2 drachms, oil of lavender 2 drachms.

Tyree's Hair Oil—Cologne spirits 16 ounces, fresh castor oil 2 ounces, essence of neroli 1 drachm.

Prof. Gage's Hair Oil—Best bay rum 4 ounces, castor oil 2 ounces, oil of lavender 20 drops; always shake before using.

Prince's Herbal Oil—Oil of sweet almonds 1 pint, burdock-root 4 ounces, oil of rosemary 4 drachms, oil of thyme 4 drachms, oil of bergamot 5 drachms, extract of roses 2 drachms; cut up the root in the almond oil and keep up a gentle heat for 2 days, strain, then add the other oils while cooling.—[*Rural Mag.*

Marvin's Hair Oil—Oil of sweet almonds 1 pint, essence of musk 4 drops, oil of neroli 6 drops, oil of nutmeg 15 drops, oil of origanum 1 drachm, oil of rosemary 1 drachm, otto of roses 1 drachm, alkanet root enough to imitate color; mix, allow to stand until sufficiently colored, then decant the clear portion.—
[*Era Anal.*

Prof. Green's Hair Oil—Cocoanut oil 4 ounces, scentless castor oil 4 ounces, oil of rosemary 2 ounces, oil of jasmine 1 drachm; unite the first two over a water bath, remove from the fire and stir in the perfumes; then bottle and shake again; apply to the hair every night as a stimulant—so says the label.

Wentz's Hair Oil—Mutton suet 8 ounces, white wax 2 ounces, essence of bergamot 90 drops, essence of lemon 90 drops, oil of lavender 30 drops, oil of thyme 30 drops; melt the suet and wax together over a water bath, stir well, remove from the fire and when nearly cold stir in the perfumes. Claimed to stimulate the growth of the hair.—[*Home Folks.*

Dr. Harper's Hair Cream—Oil of sweet almonds 1 ounce, spermaceti 3 ounces, white wax 3 ounces, tincture of cantharides 30 drops, oil of bergamot 30 drops, oil of mace 30 drops, rose water 1 ounce; melt the wax and spermaceti over a water bath, then add the cantharides, almonds and mace; now mix them thoroughly, beating it almost into a white froth; then add the perfumes and stir well.—[*People's Pop. Mon.*

Lyon's Hair Cream—Oil of sweet almonds 4 drachms, white wax 3 ounces, spermaceti 1 ounce, castor oil 1 ounce, oil of neroli 30 drops, rose water 1 ounce; melt the wax, spermaceti and castor oil together over a water bath, and add the almond oil; beat up well and when nearly cold add the perfumes.—[*Home Queen.*

Dr. Frank's Hair Cream—Oil of sweet almonds 2 ounces, spermaceti 4 drachms, white wax 1 drachm, rose water 4 drachms; melt the first three together over a water bath and when cool add the rose water.

Dr. Dame's Hair Cream—Prepared lard 1 ounce, spermaceti 4 ounces, oil of bergamot 10 drops, otto of roses 5 drops; melt the first two together like the preceding and then add the other two, bottle and cork well.—[*Woman's Mag.*]

Burnett's Cocoaine—Alcohol 4 pints, cocoa butter 12 ounces, castor oil 3 pints, oil of bergamot 4 drachms, oil of lavender flowers 2 drachms, otto of roses 30 drops; melt the butter and add to it the castor oil; agitate until they are thoroughly mixed, then add the alcohol; stir again well and then add the perfumes.—[*Wide World Mag.*]

Colgate's Cocoaine—Pure cocoa butter 7 ounces, white wax 1 ounce, glycerine 2 drachms, benzoic acid 15 grains, balsam of peru 15 grains, oil of bitter almonds 5 drops, oil of bergamot 10 drops, otto of roses 5 drops; melt the butter, wax, balsam and acid over a water bath, and add the oils and otto; when nearly cold add the glycerine.—[*Victoria Mon.*]

Forester's Cocoaine—Cologne spirits (95%) 2 ounces, cocoa butter 4 drachms, castor oil 3 ounces, oil of bergamot 8 grains, oil of lavender 8 grains, oil of lemon 22 grains, oil of citron 22 grains; melt the butter, warm the castor oil and mix the two thoroughly; then dissolve the other four oils in the spirits; and then, in uniting the two mixtures, take two-thirds of the former to one-third of the latter and cork well.—[*Golden Days.*]

Crystallized Pomade—Alcohol (95%) 12 ounces, white castile soap 1 ounce, castor oil 4 ounces, oil of bergamot 30 drops; dissolve carefully together the first two over a water bath, then pour in the other two.—[*Phys. Cult.*]

Crystal Pomade—Castor oil 1 pound, spermaceti 12 ounces, oil of bergamot 1 drachm; melt the spermaceti over a water bath, add the castor oil, and keep up the heat until a uniform mass is obtained; just before pouring, add the bergamot; then pour into heated glasses or jars and allow to cool slowly.—[*Housekeeper.*]

Barton's Pomade—Spermaceti 1 ounce, castor oil 2 ounces, best olive oil 3 ounces, oil of bitter almonds 3 drops, oil of cinnamon 5 drops, oil of cloves 5 drops, oil of bergamot 20 drops; dissolve the spermaceti over a water bath, then add the castor and olive oils and stir well; when nearly cold add the others.—[*Home Mag.*]

Forester's Soft Pomade—Oil of sweet almonds 1 pint, prepared lard 1 ounce, prepared beef marrow 1 ounce, spermaceti 1 ounce, oil of bergamot 20 drops, otto of roses 10 drops; melt the almond oil, marrow, lard and spermaceti together over a water bath, and when nearly cold add the perfumes.—[*Word and Works.*]

Benton's Pomade—Rectified spirits 8 ounces, freshly prepared lard 2 ounces, old olive oil 1 quart, southernwood $1\frac{1}{2}$ pounds; boil the southernwood, slightly bruised, in the spirits and oil thoroughly and strain through a linen cloth; repeat the operation three times with fresh wood and then add the lard; apply twice a week to the hair and brush in well. Claims to be a good stimulant for the hair—on the label.

Circassian Cream Pomade—Prepared suet 1 pound, prepared lard 1 pound, oil of sweet almonds 2 pounds, otto of roses 1 drachm; melt all together over a water bath except the last; remove from the fire, add the otto, and beat until cold.—[*Ladies' World*.]

Berger's Pomade—Well-prepared beef marrow 8 ounces, tincture of cantharides 1 ounce, oil of bergamot 12 drops; melt the marrow and mix all well together; apply once or twice daily for a considerable length of time, but if the scalp becomes sore or irritated its use should be suspended for a few days, says the directions, and then used less frequently. Claims to be a hair grower.—[*Era Anal*.]

Heliotrope Pomade—Vanilla pomade 8 ounces, rose pomade 4 ounces, orange-flower pomade 4 ounces, oil of bitter almonds 10 drops. A fragrant heliotrope pomade yet containing no heliotrope.—[*Jour. of Pharm.*]

Transparent Pomade—Best transparent soap 3 drachms, alcohol 5 fluid ounces, castor oil 4 pints; dissolve the first two over a water bath and add suddenly the latter; scent if desired and pour into warmed glasses.—[*Home Jour*.]

Soap Jelly for the Hair—Take castile soap or any other pure soap and cut it very fine; put a cupful of the soap to a pint of water; let it simmer until dissolved; stir in a teaspoonful of powdered borax and a teaspoonful of witch hazel; pour into a wide-mouthed jar and use a small piece for shampooing.—[*Ladies' Jour*.]

Milk for the Hair—Fresh milk 1 gallon, honey 2 pounds, rosemary leaves 1 handful, grape-vine curlings 12 handfuls; put all together in a vessel and boil very slowly down to 2 quarts, allow to cool, and then strain; rub well into the scalp every morning. Gives the hair renewed vigor and stops it falling out.—[*Cynthia C. Clark in Woman's World*.]

Cartell's Cytherine for the Hair—Chloride of lead 4 ounces, hyposulphite of soda 8 ounces, concentrated glycerine 8 ounces, rose water 60 ounces, orange-flower water 28 ounces; mix and shake for 4 days.—[*Ph. Jour*.]

Parkman's Hair Rejuvenator—Deodorized alcohol 1 pint, oil of mace 4 drachms, oil of bergamot 30 drops; pour a spoonful or two into a saucer; dip a small, stiff brush into it and brush the hair smartly, rubbing the mixture well into the roots. On bald spots, if hair will start at all, it may be encouraged and

stimulated by friction with a piece of flannel until the skin looks red, and rubbing the mixture into the scalp; repeat the process 3 times a day for several weeks.—[*Dr. Parkman*.]

Dupuyten's Ointment for the Hair—Cantharides (whole) 1 drachm, alcohol 1 fluid ounce; mix and macerate for 2 days, shaking occasionally, and to 1 part of the tincture thus obtained add 9 parts of prepared lard; rub well into the roots of the hair. Used to prevent loss of the hair.—[*Am. Drug Jour.*]

Lyon's Kathairon for the Hair—Tincture of cantharides 1 fluid drachm, stronger water of ammonia 1 drop, castor oil 1 fluid ounce, oil of bergamot 20 drops, alcohol sufficient to make 3 fluid ounces in all.—[*Am. Pharm. Anal.*]

Carter's Kathairon—Alcohol (95%) 8 ounces, castor oil 2 ounces, oil of bergamot 30 drops, extract of annatto sufficient to imitate in color; mix and shake vigorously.—[*King's Anal.*]

Bogle's Hyperion Fluid—Alcohol (95%) 4 ounces, best olive oil 4 drachms; first imitate the color by adding a little alkanet to the alcohol and then stir in the oil; perfume with rose geranium, and shake until thoroughly mixed.—[*Chase's Formulas*.]

Ring's Vegetable Ambrosia—Tincture of cantharides 2 drachms, cologne water 2 ounces, oil of lavender 10 drops, oil of nutmeg 10 drops, oil of rosemary 10 drops; rub briskly on the bald part night and morning.—[*Era Anal.*]

Mrs. Summers' Sea Foam for the Hair—Ammonia 4 drachms, castor oil 1 ounce, alcohol 4 ounces, soft water 1 pint, oil of lavender 2 drachms; dissolve the ammonia and castor oil in the alcohol, add the lavender, then the water. It is designed to be sprayed on the hair with an atomizer as a perfume and is especially recommended for barbers' use.—[*Viola Summers in Fashion World*.]

HAIR DYEING

Dyeing or coloring the hair is not a modern invention. In the time of the Plantagenets no woman was esteemed beautiful without the addition of yellow hair, and those who were so unfortunate as to have been born without it resorted to a dye of saffron to produce the desired tint. A craze for reddish-yellow raged during Elizabeth's reign—a craze started by that giddy queen herself, whose tresses were of that color. The passion of the poet, however, through all ages, up to the present, seems to have clung tenaciously to "golden locks," regardless of the freaks of fashion. There is no doubt that the poet, like the painter, has and must have taste; yet it would be a sorry conclusion, that, as both prefer to tinge the head of beauty with gold, beauty is not itself without it. The angelic may require it, but fortunately for the female owners of black and other colored tresses, man's taste is more apt to run on the earthy than the angelic.

Hair dyes may be divided into those which contain the dye already formed, and those in which the dye is produced in the hair by some chemical process; some dyes contain substances which are decidedly injurious to the hair, and are liable to cause baldness. Bear in mind, however, that one of the surest things in dyeing the hair is—unexpected results and trouble; and it should not be expected that any of the formulas which follow will give entire satisfaction in every case. It is very essential that the condition should always be the same in order to secure uniform results. It is probable that most dyes exercise some unfavorable influence on the hair, especially since a thorough washing out of the natural grease is a pre-requisite to applying the dye.

Lead preparations for darkening the hair are decidedly objectionable on account of the chance of poisoning from their use, and the same may be said of other chemicals sometimes used.

Hair dyes of all kinds will only act effectively and satisfactorily on perfectly clean hair. The presence of the slightest contamination of oily or greasy matter will arrest or greatly lessen their action, and render it unequal in different parts; hence the hair, in all cases, should be first thoroughly washed with soap and warm water, then thoroughly rinsed with tepid water, and lastly wiped perfectly dry previous to their application. A few grains of soda or of salts of tartar (carbonate of potassium) added to the first water, will facilitate its detergent action.

Temporary Hair Coloring—White wax 2 ounces, castor oil 4 ounces, Venetian tale 1 ounce; mix and melt together. To color it red, use alkanin; brown, use umber; black, use grape-black or any other harmless black. Used uncolored, it makes a healthy and pleasant dressing for the hair.

To Color the Hair—Nitrate of silver 1 drachm, sufficient ammonia water to dissolve, oil of neroli 40 drops; apply once a day if necessary, and if a lighter shade is desired, weaken with soft water. Use cautiously.

A Domestic Hair Dye—Butternut hulls (green or dried) 4 ounces, copperas 4 drachms, soft water 1 quart; infuse all over a brisk fire for an hour, remove, and when cold strain; wet with a brush every third day, but use cautiously on account of the copperas.

To Dye the Hair Black—Lunar caustic 1 drachm, enough ammonia water to dissolve it, oil of lavender 30 drops, rain water 2 ounces. Apply cautiously.

Columbian Hair Dye—Hydrosulphuret of ammonia 1 ounce, solution of potash 3 drachms, soft water 1 ounce, nitrate of silver 1 drachm, soft water 2 ounces. The first three for No. 1, the other two for No. 2. Apply same as "Clifford's Hair Dye," given further along.

Vegetable Hair Dye—Mullein flowers 1 ounce, genista 1

ounce; steep in hot water until the liquid is black; do not boil, simply place where it will keep warm until the liquid is black. This is a harmless vegetable dye, which, by repeated application, will make the hair black.—[*Ladies' Mag.*

Prof. Wood's Hair Dye—Sugar of lead 1 drachm, sulphur 1 drachm, cider vinegar 4 ounces, soft water 4 ounces; mix and keep in the dark, removing all grease before using.—[*Era Anal.*

Cozzen's Hair Dye—Rectified spirits 4 fluid drachms, pyrogallic acid 2 drachms, distilled water 12 fluid drachms; heat the water and in it dissolve the acid; when cool add the spirits; in using, remove all grease, etc., as with others.

Harmless Hair Dye—Olive oil 9 ounces, white wax 4 ounces, powdered burnt cork 2 ounces; melt the wax and oil together over a water bath; when melted, add the powdered cork. Gives a very lustrous color to the hair.—[*Drug. Cir.*

Mrs. King's Hair Dye—Powdered litharge 1 ounce, pure cider vinegar 1 ounce, lemon juice 1 ounce, oil of bergamot 20 drops; boil the first three together for half an hour over a slow fire in a porcelain-lined vessel; when cool add the bergamot; wet the hair daily.—[*Ladies' Mag.*

Lola Montez's Hair Dye—Gallic acid 10 grains, acetic acid 1 ounce, tincture of chloride of iron 1 ounce; dissolve the gallic acid in the iron tincture and then add the other acid; first wash the hair with soap and water, dry thoroughly, then apply the dye by dipping a fine-toothed comb in it and drawing it through the hair so as to color the roots thoroughly.—[*Dick's Encyc.*

Clifford's Hair Dye—Pyrogallic acid 1 ounce, nitrate of silver 1 ounce, ammonia 1 ounce, soft water 1 quart and 4 ounces; mix the acid in a quart of the water and label No. 1; mix the other two articles in the 4 ounces of water and label it No. 2; keep the preparations perfectly free from grease, cool, and in the dark; apply each number alternately to the hair, beginning always with No. 1, after first cleaning the hair well.—[*Barbers' Nat. Jour.*

Christadoro's Hair Dye—Pyrogallic acid 1 ounce, alcohol 1 ounce, crystallized nitrate of silver 1 ounce, stronger water of ammonia 1 ounce, soft water 1 ounce, gum arabic 4 drachms, soft water 3 ounces; dissolve the acid in the alcohol and add to it a quart of soft water for No. 1; dissolve the silver in the ammonia and add the ounce of water for No. 2; next dissolve the gum arabic in the 3 ounces of water and unite with No. 2. Use in same manner as "Clifford's Hair Dye."

Brown Hair Dye—Acetate of lead 2 drachms, sodium hyposulphite 1 ounce, glycerine 2 ounces, rose water 14 ounces; dissolve the lead and sodium in separate portions of the water, and filter; then mix the two solutions, and add the glycerine; apply to the hair after being thoroughly washed and dried.—[*Drug. Cir.*

Sunlight Hair Dye—Sulphate of iron 10 grains, glycerine 1 ounce, water 1 pint—put in bottle and label No. 1; tannic acid 8

grains, gallic acid 8 grains, water 3 ounces—label No. 2. The hair must be thoroughly washed with No. 1, dried and brushed, once daily for 3 days; then No. 2 should be applied on a fine-toothed comb, but must not be allowed to touch the skin if No. 1 has done so, else a temporary stain will result. Subsequently both formulas may be used once daily, at an interval of an hour or so, until a black color is produced.—[*Era Anal.*]

Prof. Hager's Hair Dye—Copper sulphate 5 drachms, copper acetate 5 drachms, pyrogallic acid 1 drachm, ammonia water 10 drachms, soft water 190 drachms—label No. 1; potassium ferrocyanide 20 drachms, water 200 drachms—label No. 2. Apply No. 1 thoroughly with a brush and allow the hair to dry of its own accord; then brush over with No. 2.—[*Tilden's Form.*]

A Hair-Dye Pomade—Nitrate of bismuth 5 drachms, citric acid 3 drachms, glycerine 20 drops; mix thoroughly, and add enough (to form into a pomade) of a mixture of 100 parts of lanoline to 20 parts of lard, with a little oil of rose geranium to give it a perfume. This dye is intended for gray hair that was originally a chestnut-brown.

King's Hair-Dye Pomade—Solid extract of walnut hulls 2 ounces, pyrogallic acid 3 ounces, water enough to dissolve; mix thoroughly, and add enough (to form into a pomade) of a mixture of 100 parts of lanoline to 20 parts of fresh lard, with a little oil of bergamot to imitate. This is claimed to restore gray hair which was originally black.—[*Rural World.*]

The Golden Hair Secret—To obtain "golden hair" for an evening, make a very weak solution of gum tragacanth and water and after dressing the hair sprinkle it with the gum water through a perfume atomizer; then shower with gold powder, to be had of druggists; cannot be danced off.—[*King's Form.*]

Dr. Beard's Golden Hair Dye—Peroxide of hydrogen 1 ounce, distilled water 5 ounces; in mixing, keep the hydrogen away from a flame; wet the hair once a day.—[*Barbers' Jour.*]

Golden Hair Tonic—Bisulphite of quinine 1 drachm, tincture of cantharides 4 drachms, listerine 7 ounces; apply twice a day.—[*Dr. Randolph's Form.*]

Blonde Hair Dye—Nitrate of silver 1 ounce, acetate of iron 1 ounce, nitrate of bismuth 2 ounces, distilled water 10 ounces; mix thoroughly all together; moisten the hair with the mixture, and, after an hour, touch it with a mixture of equal parts of sulphide of potassium and distilled water.—[*Prac. Drug.*]

Another Blonde Hair Dye—Protochloride of tin 2 ounces, hydrated lime 3 ounces; mix and moisten the hair with the mixture; an hour afterwards, touch it with a solution made of equal parts of sulphide of potassium and distilled water.—[*Mida's Mag.*]

Golden-Yellow Hair Dye—A solution of pure annatto obtained by boiling it in water slightly alkalized with carbonate of soda, or with salts of tartar, gives a golden-yellow or flame-yellow,

according to its strength, to very pale hair, and corresponding tones to darker hair; a previous mordaunt of alum water deepens it, and a subsequent washing with water soured with lemon juice or vinegar reddens it, or turns it on the orange shade.—[*The House Beautiful*.]

Another Golden-Yellow Hair Dye—A solution of bichloride of tin sufficiently diluted, followed by a mordaunt of hydrosulphuret of ammonia, gives a rich golden-yellow tint to very light hair, and a golden-brown to darker hair, owing to the formation of bisulphuret of tin.

Rich Yellow Hair Dye—A solution of acetate of lead, or nitrate of lead, followed by a mordaunt of yellow chromate of potash, gives a brilliant, rich golden-yellow to the hair; if wanted warmer or deeper toned, a few drops of the solution of diacetate of lead (Goulard's extract) should be added to the first solution.—[*Southland*.]

Depilatories

A general rule to follow in making these depilatories is to mix all ingredients thoroughly and keep dry in well-corked bottles until wanted for use. Take enough to make a paste and add warm water to it until the proper consistency is secured. Spread over the hairy surface and allow to remain for from 1 to 5 minutes according to the nature of the growth and the susceptibility of the skin. It should be removed, in all cases, when the burning sensation is produced. Too long contact with the skin should be avoided, and immediately after the hair has been removed the denuded surface should be gently washed with warm water and a cold cream or a bland oil applied to prevent irritation.

To Remove Hair from the Face—Barium sulphate 1 drachm, freshly burned lime 1 drachm, rice starch 2 drachms; mix and make into a paste with cologne water, in which has first been dissolved 1% of salicylic acid and 3% of glycerine; apply so as to cover the hair and allow it to remain on until a slight smarting is felt, when scrape off with the back of a knife; apply about twice a week; keep well corked when not in use.—[*Prac. Drug*.]

An Old Depilatory—Sulphydrate of soda 100 grains, chalk 200 grains; mix thoroughly and keep dry in a well-corked bottle until wanted for use; take enough to make a paste, and add warm water to it until the proper consistency is secured; spread over the hairy surface, and allow it to remain for from 1 to 5 minutes, then scrape off.—[*Psyche*.]

Strontium Depilatory—Sulphide of strontium 3 drachms, oxide of zinc 3 drachms, powdered starch 3 drachms; thoroughly mix in a dry state and then form into a thin paste with warm water; apply in the usual way.—[*Nat. Drug*.]

Parker's Depilatory—Sulphide of barium 2 drachms, starch

1 drachm, oxide of zinc 1 drachm; unite thoroughly and mix with water so as to form a soft paste; spread upon the parts covered with the superfluous hair; after 10 minutes scrape off.—[*Bell's Anal.*

King's Certain Depilatory—Crude sulphuretted copper 120 grains, oxide of zinc 60 grains, starch 60 grains; make a paste by mixing with water; then apply and leave it on about 10 minutes; remove and apply a little cold cream.

Sunlight Depilatory—Sulphuret of calcium 2 drachms, quicklime 1 drachm; powder each ingredient by itself very finely and then unite the two and keep the mixture in closely stoppered bottles; to use it, mix a little with water to form a paste, which spread on the parts and allow it to remain until it smarts; then wash off with soap and water. A temporary redness may result, but that is not a serious matter.—[*West. Med. Jour.*

Nouveaux's Depilatory—Collodion 1 ounce, iodine 12 grains, alcohol $2\frac{1}{2}$ drachms, spirits of turpentine 20 drops, castor oil 30 drops; the parts to be cleaned of the superfluous hair are painted for 3 or 4 days in succession with thick coats of the liquid; then when the collodion is raised it carries with it the hair adherent to its under surface.—[*Am. Hair-Dresser.*

Oriental-Rusma Depilatory—Yellow orpiment 4 drachms, quicklime 2 ounces, strong alkaline lye to mix the two foregoing articles and a little soft soap; after dissolving the first two in the lye, then add the soap. Use with caution, and in the usual way.

Thompson's Depilatory—Quicklime 2 ounces, strong wormwood ashes 2 ounces, enough almond powder to make a pomade; leave on only a few seconds, wiping off with a damp towel before the skin becomes irritated.—[*King's Anal.*

Dillon's Easy Depilatory—Sulphuret of arsenic, quicklime, prepared lard and white wax of each 1 ounce; melt the wax over a water bath, add the lard, and when cooling stir in the other two; apply to the spot and allow it to remain on 5 to 10 minutes; use a table knife to scrape it off, then wash with soap and water.—[*Sunnyside Mag.*

Head Lice

The application of alcohol to the head and hair to destroy lice will do the work if properly and thoroughly done.

Or, fill a bottle one-third full of fishberries and the other two-thirds with pure alcohol; mix thoroughly and apply several times, making sure that no single strand of hair is omitted; wash out well.

Or, take stavesacre tincture 3 ounces and bay rum 3 ounces.

Or, make a decoction of quassia chips, and to which add a little borax and glycerine.

Or, take corrosive sublimate 4 grains, alcohol 6 fluid drachms, chloride of ammonia 30 grains, enough rose water to make 6 fluid ounces in all; apply once a day. Good also in itch.

Or, wash the head with a strong infusion of tobacco leaves.

Or, make an ointment of picrotoxin 4 grains, lard 4 drachms; apply sparingly.

Hager's Vermin Ointment—Lard 200 parts, sulphate of quinine 12 parts, muriatic acid 2 parts. Good for body lice as well as head lice.

Character Told by the Hair—Character is more easily discernible by close observation of the hair than by noting the expression of the face; it is a wonderful guide to the mental capacity, tastes and temper of individuals.

It has been said the finer the hair the gentler the birth, and it is certainly true that those who are born to the purple are often remarkable for the soft, silky texture of the hair.

Lustreless black hair denotes a jealous disposition and treacherous temperament.

The lighter the color of the hair the more sensitive is the owner to criticisms and the more quick to feel real or fancied injuries.

The possessor of brown hair of good depth of color and firm texture is usually distinguished by good judgment, a high sense of reasoning power and plenty of common sense.

Women with red hair, though often over-impulsive and too quick-spoken, are generally strictly honest, truthful, show a fair amount of common sense, and, as a rule, are the brightest, sunniest and gentlest individuals in existence.

A woman with straight and what might be termed "unyielding" hair, especially if the color is dark, possesses a firm and highly principled nature; she is determined, perhaps even a little obstinate, but extremely dependable.

THE LIPS

When once lips have assumed a given form it is difficult to change their shape; from their very mobility they may be deformed or disfigured by some of the ordinary habits of life.

Biting the lips to make them red not only causes them to become coarse and thick and chapped, but spoils their shape as well.

When there is an excessive growth of the upper lip it may usually be traced to a scrofulous tendency.

Lips that are pale and faded usually indicate a weakened condition of the constitution, a feeble circulation, or a poor condition of the blood. These debilities require the attention of a physician.

Lips that are obstinately brown, dry and cracked indicate some disorder of the system, and no lip salves alone will help them until the internal condition is helped.

When a broken or chapped spot on the lips refuses to heal, it may be due to a species of canker.

Sometimes a moist red spot, inclined to crust over and be rough, and also tender, will form at the corners of the mouth; this is generally the result of acidity of the saliva, which comes from indigestion. Rinsing the mouth several times a day with bicarbonate of soda and water will allay the inflammation.

Cold sores may be very much relieved by bathing them with spirits of camphor every few minutes; it will reduce the swelling and dry them in a few hours.

A fever blister will disappear almost like magic if touched with a drop of sweet spirits of nitre.

Sleeping with the mouth open will spoil the shape of the lips.

Put a quantity of quince seed in a bottle and cover them with whiskey; as this thickens, add more whiskey until it is of the right consistency. This healing preparation for chapped lips and hands is far superior to glycerine as it dries off quickly and leaves a most agreeable odor.

Collodion, diluted with ether to the limpidity of water, is an admirable lotion for chapped lips.

Or, pour a few drops of rose or lavender water into a teaspoonful of clarified honey, apply often, and it will heal chapped lips quickly.

Try glycerine and rose water—half and half.

Anoint the lips before going out with a mixture of equal parts of white vaseline and oil of sweet almonds; heat together; scent with a few drops of some perfume if you desire; beat with an egg-beater as it cools.

There is no remedy for natural thickness of the lips; if the thickness is due to the practice of biting them, correct the habit and they will in time resume their normal size.

A mixture of camphor water and vaseline is excellent for persons subject to the annoyance of fever blisters on the lips.

The oil from a fat fowl will deepen the color of the lips, and is a good lip salve because it is sure to be harmless.

Never moisten the lips with the saliva to make them red or fresh-looking, as this tends to discolor and dry them and make them chap.

Touching up the lips faintly with rosoline is one method indulged in; this ointment does not color them materially, but it softens, lending a richness and flexibility that contact with wind has driven away; its use also prevents chapping, if one is going out again into the air.

Or, try this: Glycerine 1 ounce, extract of witch hazel 4 ounces, rose water 4 ounces; put into a bottle and shake well, and it will be ready for use.

A drop of carbolic acid in an ounce of cold cream is a good remedy for chapped lips.

Lip salve: Melt white wax 1 ounce, sweet oil 1 ounce, spermaceti 1 drachm, throw in a piece of alkanet root to color it and when cooling perfume with oil of rose.

Or, petrolatum 3 ounces, tincture of myrrh 1 drachm, powdered boracic acid 2 drachms; heat the petrolatum over a water bath, stir in the acid, and finally add the myrrh; stir the whole for a minute and run off while hot into a jar. Good also for cuts as well as chaps.

Cream for Dry or Colorless Lips—Oil of sweet almonds 2 ounces, white wax 4 drachms, spermaceti 4 drachms, oil of bitter almonds $\frac{1}{2}$ drachm, oil of geranium $\frac{1}{8}$ drachm, lanoline 4 drachms; mix all over a water bath thoroughly.

Rarey's Lip Cream—Prepared lard 3 ounces, spermaceti 7 drachms, oil of sweet almonds 8 ounces, oil of jasmine 1 drachm, oil of lavender 1 drachm; melt the first two together over a water bath, stir into it the almond oil and again stir thoroughly; when nearly cold stir in the perfume.—[*King's Anal.*]

Berry's Lip Cream—Prepared lard 24 ounces, oil of sweet almonds 36 ounces, oil of bergamot 1 ounce, oil of cloves 1 drachm, oil of neroli 10 drops, oil of rose 10 drops; melt the first two together over a water bath, mix well, and when about to harden add the others; beat all well together with a wooden spoon or paddle until cold.—[*Drug. Cir.*]

Bair's Lip Jelly—Prepared lard 8 ounces, prepared suet 8 ounces, oil of sweet almonds 16 ounces, otto of rose $\frac{1}{2}$ drachm; melt the first two together, add the almond oil, stir well, remove from the fire and stir in the perfume and beat well until cold.

Dr. Stone's Lip Jelly—Freshly prepared lard 6 ounces, ox tallow 4 ounces, white wax 10 ounces, oil of bergamot 6 drachms; melt the first three together over a water bath and when nearly cold stir in the perfume.

Dr. Hartman's Lip Salve—White wax 4 ounces, oil of sweet almonds 32 ounces, chlorate of potash 1 ounce, oil of bergamot 1 drachm; after melting the wax in the usual way, stir in the others while hot and mix well.—[*Chase's Recipes.*]

Prof. Rankin's Lip Salve—Benzoic acid 1 drachm, balsam of peru 1 drachm, fresh cocoa butter 28 ounces, prepared lard 1 ounce, spermaceti 2 ounces, white wax 2 ounces, oil of bergamot 1 ounce; melt the acid, balsam, butter, lard, wax and spermaceti together over a water bath, add the bergamot, and when nearly cold stir in slowly the glycerine and beat up well.—[*Dick's Encyc.*]

Beckley's Lip Salve—Fresh cocoa butter 4 drachms, oil of sweet almonds 2 drachms, oil of bergamot 20 drops; melt and prepare in the usual way.

Ritzley's Honey Lip Salve—Pure strained honey 1 ounce, litharge 4 drachms, gum myrrh 4 drachms, oil of bergamot 20 drops; melt all but the bergamot in the usual way and then mix all well together.—[*Era Anal.*]

Mrs. King's Lip Salve—Cocoa butter 1 ounce, lanoline 1 ounce, oil of sweet almonds 4 drachms, oil of lemon 20 drops; melt as usual, adding the oil of lemon while cooling.—[*Rural World.*]

Mrs. Kirby's Lip Salve—Prepared lard 16 ounces, white wax 4 ounces, glycerine 1 ounce, pulverized alum 4 drachms, powdered saltpeter 4 drachms; melt the first two as usual and stir in the others; scent with a little orange-flower water.—[*Rural World*.]

Lapelle's Lip Salve—Menthol 6 drachms, salol 1 ounce, lanoline 25 ounces; apply twice a day. The pain ceases, the skin softens and the chaps quickly disappear—so says the label.

Mad. Dupont's Lip Emollient—Cocoa butter 20 drachms, castor oil (tasteless) 6 drachms, extract of cashew gum 2 drachms, birch oil 4 drachms, essence of anise seed 10 drachms; mix and apply several times a day.—[*Am. Pharm. Jour.*]

Broillet's Lip Cosmetique—Nitrate of lead 10 grains, water 1 ounce, sufficient alkanet root to color.—[*King's Anal.* Use with caution on account of the lead.]

Wolverine Honey and Roses—Deer's tallow 16 ounces, pulverized camphor 2 ounces, glycerine 4 ounces, honey (strained) 1 ounce, oil of rose 10 drops; melt all but the last two together as usual and when nearly cold stir them in well.—[*Mil. Sen.*]

"Wonder" Honey Balsam—Finest pale honey 4 ounces, glycerine 1 ounce, rectified spirits 1 fluid ounce, essence of ambergris 10 drops; unite the first two by a gentle heat, and when nearly cold add the other two. Good also to soften and whiten the skin, it is claimed.

King's Chap Remedy—Calomel 10 grains, carbonate of zinc 1 drachm, oil of eucalyptus 5 drops, ointment of rose water 1 ounce.—[*Era Anal.*]

Glycerine Chap Ointment—Glycerine 2 ounces, oil of sweet almonds 4 ounces, white wax 1 drachm.

Esckley's Chap Ointment—White wax 1 drachm, spermaceti 4 drachms, oil of sweet almonds 2 ounces, glycerine 1 ounce, oil of bergamot 30 drops.

Dow's Chap Relief—Bay rum 3 fluid ounces, glycerine 1 fluid ounce, oil of cajeput 20 drops, oil of rose 15 drops.

Camphor Balls to Prevent Chaps—Oil of sweet almonds 1 ounce, powdered camphor 3 drachms, spermaceti 3 drachms, white wax 4 drachms, oil of lavender 20 drops; melt the first three in the usual way, and while warm stir in the camphor and perfume; when nearly cold roll into balls.

Wells' Menthol Ice—Powdered menthol, white wax and white vaseline of each equal parts; melt the last two together in the usual way, stir well, and add the menthol while cooling, beating up well while doing so. Very cooling and healing.—[*Dr. James Wells in Am. Med. Rev.*]

Seneca Camphor Ice—Refined lamb tallow 2 ounces, gum camphor 1 drachm; melt together and stir well; perfume if desired.

Sunlight Camphor Ice—White wax 4 ounces, spermaceti 1

ounce, gum camphor 2 ounces, oil of sweet almonds 12 ounces, rose water 1 ounce; melt all but the rose water as usual, and while cooling stir it in very slowly.

Erie Camphor Ice—Spermaceti 2 ounces, oil of sweet almonds 2 ounces, gum camphor 3 ounces; prepare as usual.

Mrs. Miller's Chap Powder—Powdered oleate of zinc 3 drachms, subnitrate of bismuth 3 drachms, powdered lycopodium 2 drachms; dust over the irritated surface.—[*Psyche*.

The Lips Indicate Character—A certain learned man gave simple rules for the choosing of a wife, and bade young lovers beware of a girl whose lips drooped at the corners, as such would probably make a home anything but a happy place—the owner of a pessimistic, probably querulous, disposition. At the same time, he advised the intending husband to remember that upward curving lips indicated frivolity, so that here, too, he would need to be careful.

Lips which are very thin and quite straight usually belong to a woman who is a shrew; denote covetousness, greed, selfishness, and, unless contradicted by some other feature, intense love of power; a person of suspicious feelings toward others; probably has little conversational power, and detests explaining their motives or opinions.

It is a merry person generally who has a stout upper lip with a depression under the nose and corners which tend downward.

If the corners also dimple deeply, the owner will probably be quick at repartee.

A selfish, morbid and dominating man or woman frequently has a long, thin mouth, with clear-cut lips; while the cruel person, if a woman, as often as not boasts lips which are unusually red.

A general slackness as regards the great moral question of right and wrong is at times found in the owners of mouths where the under lip is thick and rolls outward.

Thick lips show a sensuous temperament; thin lips, exhibiting little or no color, while indicating firmness and will power, are also indicative of a lack of amiability, and, according to other indications in the face, may show meanness, if not avarice.

Firmly closed lips indicate determination; open lips, weakness and vacillation, and betrays their impressionability to every passing event or criticism.

The upper lip should have a slight curve inward before its union with the nose, for the straight lip indicates its owner to be unamiable and unintelligent.

A short upper lip indicates liveliness, wit, fertility of invention, brilliancy of repartee; a long upper lip is generally indicative of stupidity.

The more curved and flexible the lips the more yielding the nature; the more straight and firm the lips the more severe the nature.

Lips that look as if they have been pressed into a straight line show self-repression, nervousness and obstinacy.

A large, shapely mouth signifies breadth of mind and toleration of other people's peculiarities.

A large and well-closed mouth indicates sagacity; and assisted by a chin that is firm and round, indicates determination and strength.

THE TEETH

The flouring mills are working swift destruction upon the teeth of every man, woman and child who partakes of their fine bolted flour. They sift out the carbonates and the phosphates of lime in order that they may provide that fine white flour which is proving a whitened sepulchre to the teeth. Digestion really begins in the mouth; every well-masticated mouthful will banish pimples and sallowness faster than all the lotions ever compounded. What a farce to swallow food in chunks and then buy pellets to conquer indigestion. There would be no indigestion if food was well masticated. The salivary glands of the mouth secrete an alkaline fluid—the gastric juice of the stomach is acid; work ignored by the teeth is never performed by the stomach, for it requires a union of the two juices to perform the work of digestion. Nature employs no shirks—no supernumeraries; every part has allotted work, and failing that, it goes forever neglected. With proper mastication the teeth would remain sound and white.

Sound, white and evenly formed teeth are an important feature in completing the beauty of the human face; a countenance otherwise bordering on the perfect is made hideous and uninviting by a smile disclosing decay and uncleanness, where only perfect sweetness is endurable; a homely face is often made pleasing by a set of fine teeth, while teeth that are irregular in shape, if kept beautifully white, are still attractive. The woman who possesses fine teeth may well rejoice in the knowledge that she is, indeed, to be envied.

Spongy and swollen gums, a condition often attendant upon middle age, may or may not be the result of any particular disease; but they are very inconvenient, and may even cause serious trouble.

Remember that if your teeth are in bad condition it means you will have a bad breath, and nothing can be more offensive to another. This feature is so important that considerable space is devoted to the subject, and from among the many formulas given, everyone ought to be able to find a preparation suitable to their needs and taste.

To Whiten the Teeth—Charcoal (finely pulverized) 4 ounces, oil of cloves 14 drops; rub the teeth with it and rinse out the mouth with warm water.

To Remove Tartar—Boracic acid 30 grains, chlorate of potash 20 grains, lemon juice 5 drachms, glycerine 3 drachms; when the teeth are well swabbed with the lotion the tartar can easily be detached.

To Harden the Gums—Jamaica spirits 1 pint, powdered alum 1 drachm, saltpetre 1 drachm, powdered myrrh 2 ounces.

Or, take iodide of potassium 24 grains, tincture of iodine 2 drachms, tannin 3 drachms, tincture of myrrh 2 drachms, rose water to make 12 ounces in all; dissolve the tannin and iodide in the rose water; to this add the tinctures and strain; wash the gums well once a day. This is also considered an excellent preparation for preventing decay in the teeth.

Wash for Inflamed Gums—Tannic acid 10 grains, tincture of pyrethrum 3 drachms, rose water 6 ounces; rinse the mouth out well frequently with a glass of water to which several tablespoonfuls of the wash have been added.

An Astringent Mouth Wash—Fennel water 100 drachms, tincture of boxwood 13 drachms, tincture of myrrh 5 drachms, chlorate of potash 2 drachms; dissolve the potash in just sufficient water and add the tincture little by little.

An Aromatic Tooth Wash—Powdered salts of tartar 1 ounce, strained honey 8 ounces, fluid extract of soap-tree bark 2 ounces, alcohol 4 ounces, distilled water 18 ounces; use with the toothbrush as a detergent. Especially useful in removing tartar from the teeth.

A Splendid Mouth Wash—Spirits of camphor 3 drachms, tincture of myrrh 2 drachms, borax 2 ounces, water 3 pints; dissolve the borax in the water while hot, and before it is entirely cold add the camphor and myrrh and bottle; use daily by adding a wineglassful of it to half a pint of warm water. It is excellent and cheap.

Antiseptic Mouth Wash—Boracic acid 14 drachms, tincture of anise 5 drachms, thymol 16 grains, carbolic acid 30 grains, essence of peppermint 40 drops, water 4 pints. This makes an excellent antiseptic wash; apply to the teeth with a brush every night and morning.

"Arlington" Mouth Wash—Tincture of orris root 1 ounce, essence of roses 1 ounce, alcohol 1 ounce, oil of peppermint 20 drops; pour a few drops into half a glassful of water and rinse out the mouth thoroughly.—[*Era Anal.*]

"Uncle Sam" Mouth Wash—White castile soap (powdered) 1 ounce, tincture of cardamom 2 drachms, tincture of wild ginger 2 drachms, oil of peppermint 30 drops, oil of wintergreen 30 drops, oil of cloves 5 drops, oil of cassia 5 drops, glycerine 4 ounces, alcohol 14 ounces, water 14 ounces; shake until thoroughly dissolved; use diluted with water.—[*Am. Drug. Jour.*]

"Little Wonder" Mouth Wash—Tincture of myrrh 2 ounces, compound tincture of cinchona 2 ounces, water 2 ounces;

put about 10 drops on the tooth-brush, dip the brush then in water and wash the teeth; then rinse out the mouth with fresh water.—[*West. Drug.*

Karm's Mouth Wash—Salicylate of sodium 43 grains, tincture of myrrh 48 drops, listerine 7 fluid ounces; wash out the mouth several times a day.—[*King's Anal.*

Carter's Mouth Wash—Resorcin 2 drachms, solid extract of eucalyptus 1 drachm, carbonate of magnesia 2 drachms, water enough to make 4 ounces in all; rub the resorcin and eucalyptus together with the magnesia thoroughly, add the water and filter; add a teaspoonful to a tumbler of water as a wash for the mouth. Claimed also to be good for spongy gums, etc.

Dr. Baker's Mouth Wash—Tartrate of chinoline 3 drachms, alcohol 5 ounces, oil of peppermint 2 drachms, distilled water 35 ounces; first dissolve the oil in the alcohol and then add the others; use a teaspoonful in a wineglassful of water.—[*Dr. J. C. Baker in Dent. Sci.*

Dr. Cleveland's Tooth Wash—Tincture of peruvian bark 2 ounces, tincture of myrrh 2 ounces, tincture of gentian 2 ounces, ammonia water 2 drachms, pure water 1 pint, tincture of wintergreen 4 drachms; use morning and evening.—[*Jour. of Pharm.*

Cox's Antiseptic Tooth Wash—Thymic acid 1 drachm, benzoic acid 12 drachms, tincture of eucalyptus 60 drachms, alcohol 400 drachms, essence of peppermint 3 drachms; add a few drops to a glass of water and rinse out the mouth after each meal; also night and morning.—[*Era Anal.*

Dr. Webber's Tooth Wash—Balsam of peru 4 drachms, pulverized gum camphor 1 drachm, tincture of myrrh 1 ounce, ammonia water 1 drachm, spirits of horseradish 3 ounces, alcohol 1 ounce, essence of lavender 2 drachms, essence of cloves 2 drachms; mix all together and allow it to stand 10 days; shake the bottle occasionally up to the 9th day, then keep the clear portion; dilute with pure water to use as a mouth wash.—[*Am. Med. Prac.*

Herndon's Tooth Wash—Rectified spirits 9 ounces, gum camphor 1 ounce, gum myrrh 4 drachms, distilled water 2 ounces; dissolve the two gums in the spirits, then add the water; allow it to stand 2 days before using.—[*Jour. of Med. Sci.*

"Old Homestead" Tooth Wash—Tincture of rhatany 3 ounces, tincture of myrrh 3 ounces, tincture of orris root 4 ounces, oil of gaultheria 2 drachms (all fluid measure), pure strained honey 1 ounce, white castile soap (shaved fine) 1 ounce, oil of cinnamon 40 drops; shake occasionally for 5 days and filter through paper.—[*Mrs. Sarah Grace in Fash. World.*

Mexican Tooth Wash—Orris root 1 ounce, tonka beans 1 ounce, peruvian bark 4 drachms, white oak bark 4 drachms, alcohol 1 pint, water 1 pint; powder the solids, mix all and allow it to stand 12 days and filter.—[*St. Louis Med. Rev.*

Deschamp's Coraline—Hypochloride of calcium 1 drachm, red coral 4 drachms; triturate well; used with a brush to remove yellowness from the teeth.—[*Psyche*.

Grosvenor's Coraline—Prepared oyster shells 5 ounces, red coral 6 ounces, orris root 1 ounce, oil of rhodium 10 drops; pulverize separately and mix well.—[*Sou. Mon.*

Campbell's Fragrant Coraline—Pure castile soap (shaved fine) 1 ounce, alcohol 4 ounces, water 7 ounces, oil of winter-green 10 drops, enough red saunders to give the required color; put all together in a bottle and allow it to stand until the soap is dissolved, shaking occasionally.

Gray's Violet Coraline—Rectified spirits of wine 4 ounces, essence of violets 2 ounces, spirits of peppermint 1 drachm; mix and bottle; use a tablespoonful to a glass of water.

Bonnamy's Coraline—Prepared chalk 2 ounces, burnt harts-horn 2 ounces, hydrate of alumina 2 ounces; powder all finely.—[*King's Anal.*

Laird's Toothaline—Prepared chalk 3 drachms, carbonate of soda 1 drachm, orris root 1 drachm, white castile soap 1 drachm, otto of rose 5 drops; powder all finely and mix.—[*Era Anal.*

Marrigold's Toothaline—Sulphate of quinine 1 troy ounce, prepared lard 4 troy ounces, oil of nutmeg 30 drops, oil of lavender 30 drops; mix and bottle tightly.—[*Ladies' World.*

Barbour's Toothaline—Prepared chalk 6 ounces, cuttlefish bone 6 ounces, white castile soap 4 ounces, orris root 4 ounces; powder and mix well.—[*Psyche.*

Ullrich's Toothaline—White castile soap 1 drachm, charcoal 1 drachm, aromatic calamus 4 drachms, oil of cloves 12 drops; powder finely and mix.—[*Era Anal.*

Marquardt's Toothaline—Venetian chalk 4 ounces, bicarbonate of soda 1 ounce, carmine 5 grains, oil of mint 10 drops.—[*Pharm. Jour.*

Dr. Francisco's Dentene—Prepared chalk 2 ounces, red cinchona bark 2 ounces, myrrh 4 drachms, orris root 4 drachms; powder well and mix.—[*Am. Drug. Anal.*

Mrs. Baker's Dentene—Borate of ammonium 1 drachm, red cinchona bark 1 drachm, cream of tartar 2 drachms, myrrh 4 drachms; pulverize and keep well corked.—[*Mrs. Clara Baker in Floral World.*

Dr. Tilson's Dentene—Burnt alum 4 drachms, myrrh 4 drachms, charcoal 1 ounce, cuttlefish bone 4 ounces.—[*Robb's Fam. Mag.*

Stephani's Dentene—Precipitated chalk 4 ounces, cuttlefish bone 3 ounces, white sugar 2 ounces, orris root 4 ounces, oil of rose 6 drops; pulverize the solids and mix.—[*Woman's World.*

Chamberlain's Sozodont—White castile soap (shaved fine) 150 grains, glycerine 150 grains, alcohol 2 ounces, water 10 drachms, oil of peppermint 10 drops, oil of cloves 5 drops, oil of

cinnamon 10 drops, oil of anise 5 drops; mix, bottle and allow it to stand until the soap is thoroughly dissolved, shaking occasionally.—[*Tilden's Anal.*]

Van Buskirk's Sozodont—Castile soap (white) 129 grains, alcohol 1 fluid ounce, water 10 fluid drachms, oil of wintergreen 5 drops, sufficient red saunders to imitate; mix the alcohol and water, shave the soap fine and dissolve it in the mixture; add the perfume and color, and then add enough water to make 3 fluid ounces in all.—[*Era Anal.*]

Boyer's Sozodont—Proof spirits 1 ounce, borax 1 ounce, gum myrrh 1 ounce, honey 1 ounce, red saunders 1 ounce; rub the borax and honey well together in a mortar, gradually add the spirits, myrrh and saunders in this order, macerate for two weeks, strain and bottle.—[*Nat. Barb. Jour.*]

Michelet's Sozodont—Carbonate of potassium 4 drachms, honey 4 ounces, alcohol 2 ounces, oil of wintergreen 20 drops, otto of roses 10 drops, soft water 10 ounces; agitate occasionally for 2 days and filter through paper.—[*Home Mag.*]

"Upper Ten" Sozodont—Tincture of cedarwood 1 pint, tincture of myrrh 4 ounces, tincture of rhatany 4 ounces, oil of peppermint 30 drops, otto of roses 10 drops. Said to be good.—[*Elite.*]

Mad. Enos Bloom's Sozodont—Salicylic acid 2 drachms, tincture of soap-tree bark 2 ounces, tincture of myrrh 2 ounces, glycerine 1 ounce, alcohol 5 ounces, tincture of orris root 2 ounces, cologne 4 ounces; allow to stand 4 or 5 days, shaking occasionally and keep the bottle well corked.—[*Ladies' World.*]

Dr. Pray's Sozodont—Tincture of benzoin 1 drachm, tincture of rhatany 6 drachms, tincture of myrrh 12 drachms, tincture of orris root 100 drachms, alcohol 50 drachms, rose water 50 drachms; mix and allow to stand 5 days, shaking occasionally.—[*Era Anal.*]

Mrs. Heintz's Dentifrice—Catechu 1 ounce, orris root 1 ounce, charcoal 4 ounces, myrrh 1 drachm; powder and mix.—[*King's Anal.*]

Zeltner's Dentifrice—Armenian bole 4 drachms, bicarbonate of soda 2 drachms, peruvian bark 4 drachms, cinnamon bark 2 drachms, charcoal 4 drachms, oil of cinnamon 10 drops; powder and mix.—[*Tilden's Anal.*]

Anderson's Dentifrice—Prepared chalk 2 ounces, alum 1 drachm, orris root 6 drachms, cream of tartar 1 ounce, white sugar 4 drachms; powder all very fine and mix.—[*Dick's Encyc.*]

Dr. Wakefield's Dentifrice—Betel nut 2 ounces, cuttlefish bone 2 ounces, charcoal (from willow wood) 2 ounces, oil of bergamot 1 drachm; reduce the nut to charcoal by heat, pulverize the solids and add the oil.—[*Am. Ph. Jour.*]

Lange's Dentifrice—Willow charcoal 30 drachms, peruvian bark 30 drachms, dried clover blossoms 1 drachm; powder all very fine and mix.—[*Chase's Rec. Book.*]

Dr. Dame's Dentifrice—Cuttlefish bone 8 ounces, myrrh 1 ounce; powder and mix.—[*Contributed*.]

Dr. Brown's Dentifrice—Powdered green sage 4 grains, powdered myrrh 2 ounces, white honey 4 tablespoonsfuls.—[*Ladies' Jour.*]

Torro's Dentifrice—Precipitated carbonate of calcium 1 ounce, myrrh 1 drachm, orris root 1 ounce; powder and mix.—[*Home Work*.]

Combe's Elixir Dentifrice—Tincture of vanilla 3 drachms, tincture of pyrethrum 3 drachms, spirits of rosemary 6 drachms, spirits of rose 2 drachms, tincture of cochineal enough to imitate the color; bottle and shake occasionally for 2 or 3 days.—[*King's Anal.*]

Long Branch Dentifrice—Thymol 40 grains, cumarin 1 grain, diluted alcohol 250 grains, oil of peppermint 20 grains, oil of cloves 10 grains, oil of sage 10 grains, oil of origanum 6 grains, oil of sassafras 6 grains, oil of wintergreen 1 grain, red saunders sufficient to imitate the color; mix, macerate for 24 hours, and then filter; a teaspoonful is used in a glass of water.—[*The Elite*.]

Paschkis' Dentifrice—Tincture of myrrh 30 drachms, tincture of benzoin 30 drachms, tincture of quinine 30 drachms, saccharin 1 drachm, essence of cloves 2 drachms; mix all but the benzoin, then add that little by little to the mixture, stirring while doing so.—[*Home Beautiful*.]

Dr. Lamotte's Dentifrice—Powdered quillaja 4 ounces, precipitated chalk 3 ounces, powdered orris root 3 ounces, tincture of myrrh 1 fluid ounce, fluid extract of arnica 2 drachms, oil of rose geranium 30 drops, oil of sandalwood 5 drops; first mix the powders thoroughly and then add the others.—[*Leader*.]

Vigier's Antiseptic Dentifrice—Powdered orris root 5 ounces, powdered prepared chalk 1 ounce, salol 4 drachms, resorcin 2 drachms, carmine 20 grains, oil of peppermint 10 drops; sift several times through fine bolting cloth.—[*Jour. of Dent. Sci.*]

Humboldt's Tooth Powder—Red cinchona bark 1 ounce, powdered camphor 4 drachms, charcoal 2 ounces; after powdering, mix and sift.—[*Era Anal.*]

Merivale's Tooth Powder—Yellow cinchona bark 4 ounces, myrrh 2 ounces, orris root 2 ounces; powder as usual and mix.

Beckley's Tooth Powder—Burnt alum 9 drachms, cream of tartar 6 ounces, white sugar 2 ounces, cinnamon 1 drachm, cochineal 1 ounce; powder and mix.

Dr. Ersekine's Tooth Powder—Sulphate of quinine 6 grains, precipitated chalk 12 drachms, carbonate of magnesia 1 drachm, rose pink 2 drachms.—[*King's Anal.*]

American Tooth Powder—Burnt alum 2 drachms, red saunderswood 2 drachms, cinnamon 15 grains, cloves 15 grains, pure rosewood 15 grains, coral 4 drachms, dragon's blood 4 drachms,

orris root 4 drachms, rose pink 4 drachms, vanilla 6 grains, cuttlefish bone 4 drachms; powder all the articles separately, then mix thoroughly and sift.—[*Jour. of Pharm.*]

Meahle's Tooth Powder—Sugar of milk 3 ounces, tannin 3 drachms, oil of mint 8 drops, oil of anise 8 drops, oil of neroli 8 drops, burnt hartshorn 1 ounce, cuttlefish bone 1 ounce; finely pulverize all the solids and sift.—[*Tilden's Anal.*]

Dr. Hagee's Tooth Powder—Areca nut (heated to charcoal) 5 ounces, cuttlefish bone 2 ounces, raw areca nuts (pounded) 1 ounce; add a little oil of cloves to imitate if desired.—[*Era Anal.*]

Lassar's Tooth Powder—Precipitated carbonate of calcium 25 drachms, chlorate of potassium 35 grains, powdered pumice-stone (very fine) 35 grains, powdered castile soap 6 grains, oil of peppermint 15 drops; mix and sift.—[*Home Jour.*]

"Little Wonder" Tooth Powder—Precipitated chalk 2 ounces, powdered orris root 4 drachms, powdered boric acid 40 grains; sift thoroughly several times.—[*Plain Dealer.*]

Prof. Tomb's Tooth Powder—Willow charcoal 6 ounces, calamus root 10 drachms, pumice-stone 5 drachms, catechu 5 drachms, oil of bergamot 1 drachm, oil of cloves 1 drachm; powder all finely, rub well together and sift.—[*Era Anal.*]

Mad. Devoe's Tooth Powder—Orris root 8 ounces, myrrh 2 ounces, pumice-stone 6 ounces, oil of cloves 10 drops, oil of lemon 10 drops, oil of roses 10 drops, enough carmine to imitate; powder all the solids very fine, then rub in the oils and coloring and sift.—[*Fam. Mag.*]

Berger's Tooth Powder—Salicylic acid 2 ounces, powdered borax 2 ounces, corn starch 2 ounces, powdered orris root 1 ounce; sift several times.—[*Young Folks.*]

Tilden's Tooth Powder—Salol 1 drachm, carbonate of calcium 10 drachms, powdered carbonate of magnesia 10 drachms, oil of peppermint 20 drops; mix and sift.—[*Tilden's Form.*]

Peters' Pearl Powder—Fine, white marble dust 4 ounces, cuttlefish bone 1 ounce, finest smalts 1 drachm, essence de petit grain 15 drops; sift well.—[*Era Anal.*]

Pelletier's Pearl Powder—Disulphate of quinine 15 grains, red bole 10 grains, red coral 3 ounces, myrrh 1 drachm, oil of bergamot 15 drops.—[*N. E. Drug.*]

Patey's Tooth Paste—Paris white 16 ounces, orris root 3 ounces, rose pink 8 ounces, alum 4 drachms, oil of cloves 1 drachm, oil of nutmeg 1 drachm.—[*Corres. Bee.*]

London Tooth Paste—Precipitated chalk 8 ounces, white castile soap 4 ounces, orris root 4 ounces, oil of sassafras 40 drops, oil of bay 80 drops, clarified honey to form a paste; first powder the solids very fine and sift, then stir in the oils and make into a paste with the honey.—[*Dent. World.*]

A Cheap Tooth Paste—Suds of castile soap and spirits of camphor equal parts; thicken to a paste with equal parts of pow-

dered chalk and charcoal; apply with the fingers or a brush.—[*Rural Home Mag.*

A Liquid Tooth Soap—Soap liniment 100 drachms, tincture of myrrh 20 drachms, glycerine 20 drachms, oil of peppermint 30 drops; color to suit.

Anæsthetic for Extracting Teeth—Oil of wintergreen 4 drachms, chloroform 2 drachms, sulphuric ether 2 drachms, chloral hydrate 4 drachms, oil of cloves 1 ounce, alcohol 3 ounces; apply with cotton, pressed upon each side of the tooth.—[*Dent. Science.*

Parson's Local Anæsthetic—Chloroform 12 drachms, tincture of aconite 12 drachms, tincture of capsicum 4 drachms, tincture of pyrethrum 2 drachms, oil of cloves 2 drachms, camphor 2 drachms; dissolve the camphor in the chloroform; add the oil of cloves, then the tinctures; apply as the foregoing.—[*Jour. of Surg. Sci.*

Teft's Dental Anæsthetic—Tincture of aconite root 1 fluid ounce, purified chloroform 1 fluid ounce, alcohol 1 fluid ounce, morphia 6 grains; apply 2 plugs of cotton, moistened with the liquid, to the gums around the tooth for 1 or 2 minutes.—[*Dentistry.*

Spohn's Dental Sedative—Hydrochlorate of cocaine 30 grains, muriate of cocaine 30 grains, menthol crystals 7 grains, glycerine 4 drachms; dry the gums and apply a few drops on absorbent cotton to the gums nearest the aching tooth; squeeze the gums between the thumb and finger for a few seconds and they will be completely paralyzed; extract the tooth immediately.—[*Jour. of Dent. Sci.*

Reading Character by the Tongue—The glossomancists take into consideration every feature and quality of the tongue, its length and breadth and thickness, its texture and its color. Through these things and their combinations they claim they are able to tell absolutely and accurately the character and propensities of any person who will stick out their tongue at them.

Generally speaking, a long tongue shows frankness; a short tongue is a sign of dissimulation; a broad tongue shows unrestrainedness; and a narrow tongue concentration.

When the tongue is long and broad, the owner is inclined to be gossipy; when the tongue is long and narrow, the person is open and frank; those who possess short and broad tongues are untruthful; those whose tongues are short and narrow are sly as well as bad-tempered.

Rapacity is shown by a tongue which is extremely rough. In animals the rough tongue is used largely as a means of drawing food into the mouth. Some of the larger animals, lions for instance, have a tongue so rough that if one of them were to lick a human hand the tongue would tear the skin completely off. According, therefore, to the relative roughness of the human tongue the degree of the predatory proclivities of the individual

can be ascertained. This graspativeness is not confined to the matter of food alone, but comprises everything within the range of human experience on which the grasping faculty can be expended; and this outward sign lies in the tongue.

Associativeness is signified by a tongue that is rather thick and somewhat rounded at the end; a genial interchange of sympathetic thought and feeling, a magnetism and a vital force that spring up in human intercourse and warm up into full action before the extracting influence of appropriate and lovable companionship. To be capable of a full display of this genial effervescence, the individual must be well and fully endowed in the matter of vital force. In such a subject, the tongue is always of rather generous proportions. This trait is all the more pronounced when the lips are full and protruding and the cheeks plump.

Retaliativeness is shown by a tongue that is hollow in the center. It is sort of a reflection back, or reaction, of any set of feelings from one individual to another, and it is quite as much to be regarded as the returning of good for good as evil for evil. If there is a hollow in the center of the forehead and if the subject is a dark person, this trait is all the more pronounced.

Sentinelitiveness, or the precautionous disposition, that sets one or more on the watch, to keep a sharp lookout and to give warning of danger, is shown by a fullness of the tongue toward the tip. Great fullness of the forehead immediately above the junction of a long nose with the forehead accentuates this disposition.

Morivalorosity is shown by a long and narrow tongue. It is the higher phase of mere animal courage and it exhibits itself morally in a dauntless reaching forward for what is good and pure, and a capacity for overcoming obstacles which may bar the way on its onward progress.

Inquisitiveness is denoted by a long tongue that lies very thin and flat. The delight of the possessor of such a tongue is to pry into and minutely investigate matters that, to others of a different form, would appear trivial and childish. A person with this sort of tongue will make a good detective.

Ambitiousness is indicated by a tongue that is large—long, broad and thick—provided the tongue is at the same time well formed. The person with this tongue will seek assiduously after that for which, by reason of the particularity of his structure, he will have the strongest proclivity.

A high appreciation of oneself is indicated by a tongue which is carried curled back somewhat into the mouth.

The inclination to hide or withhold the knowledge of things or thoughts is indicated by a thin tongue which is generally held close to the roof of the mouth or pressed against the front teeth.

The inclination to frugality and economical management of affairs is found to be associated with a broad or a square-tipped tongue; careful and judicious behavior accompanies this form.

The desire of possession, or covetousness, is shown whenever the tongue is rather broad in the center; if, at the same time, the face is broad in the center and has a long prominent nose, the tendency to accumulativeness is very great.

The disposition to love one only is shown by a tongue with a rounded end; a person with such a tongue rivets their attention upon one being and lavishes love and affection upon that one only; a round form of eye accentuates this sign greatly.

Strength of will and power to execute it are always present when the tongue is full and broad at the base; if the person has fullness at the posterior part of the neck near the point of junction with the head, he will be a typical "pig-head."

The love of the young, or the characteristic of feeling pleasure in the young, is shown by an unusually moist tongue which is somewhat thick at the end.

The desire for approval is shown by a tongue that is very thin and very red.

Decorativeness is shown by a tongue that is very full and which is inclined to arch as the person talks.

A tongue that is short and round shows soundness of judgment and shrewdness.

A wide tongue round at the end gives its possessor ability to barter and trade well.

Mechanical talent is shown by a square tongue.

THE BREATH

The lungs are organs for the purification of the blood which comes from the various parts of the body; they also carry away a great many impurities by blowing them out through the air passages. This waste carries with it odors of all kinds; and deposits on the teeth, and about the tongue and gums, materials which may decompose and give the breath a character which would make it anything but agreeable.

A fashion writer located in one of the large cities pens these observations: "Most of us attach too little importance to the quality of the air which we emit from our mouths. This seems to be particularly true of business employes, and was partially the reason that my spring shopping brought me unusual annoyance this year. Out of dozens of clerks and saleswomen who waited on me there was scarcely one whose breath was not insupportable. In the millinery stores it was even worse, for the girls and women there come into closer contact with one than elsewhere. The process of trying on hats and bonnets, adjusted by the milliner herself on the head of the customer, necessarily brings the two almost mouth to mouth. In some cases the ordeal was a fearful one and not less than three times was I compelled to leave the shop

hastily without any decision because not only was the odor unbearable to the nostrils but it induced a severe nervous headache which subsided immediately on my regaining the outer air."

Those who suffer from nervous debility (and among the customers of dry goods and millinery stores their name is legion) are extremely sensitive to vitiated air. What a humiliation it would be to you, no doubt, to learn that any emanation from your person would be capable of inflicting distress on those who approach you for only a few minutes!

The first essential in keeping the breath sweet belongs to the morning hours. During repose you cannot of course observe those little matters which engage a certain amount of your attention when you are awake; the consequence is, that the impurities which would not accumulate during activity find a foothold.

After brushing the teeth and rinsing the mouth, dip a soft handkerchief in lukewarm water and gently wipe the gums. Then take a little salted water—do not make it strong—and again rinse the mouth. After this scrape your tongue with a spoon. These manipulations ought to remove any cause of bad breath which owes its origin simply to the condition of the mouth.

If the disagreeable odor comes from the stomach, 3 hours after a meal take a large tablespoonful of a solution composed of 1 part chlorate of potash to 20 parts sugared water; also, at the same time, rinse the mouth out thoroughly with some of the same solution.

Or, dissolve 3 grains of chloride of lime in a wineglassful of pure water and take a tablespoonful 3 times a day, before the meal, and eat of simple food that is easily digested.

Or, take a teaspoonful of sulphate of soda in a glassful of hot water about an hour before breakfast every morning until relieved.

A wintergreen or clove cream will remove the odor of wine from the breath.

A gargle of myrrh and camphor will also remove offensive odors and taints.

Common parsley will remove the taint of tobacco smoking; soak it in vinegar before chewing and it will taste more pleasant.

Put a piece of gum myrrh the size of a hazel nut in your mouth on retiring and in the morning there will be no disagreeable taint to your breath.

A small bit of the extract of licorice allowed to dissolve in the mouth after using the brush is excellent; licorice has no odor by which to disguise, but it sweetens the mouth and stomach, and will assist in counteracting the effects of indigestion.

Rinsing out the mouth with a decoction of wormwood and chamomile may be tried.

The concrete juice of the sweet gum tree, usually termed liquid-amber, is often chewed to sweeten the breath.

A small piece of orris root, if chewed, will give a violet odor to the breath.

Chew a small piece of mastic root after a boiled dinner to destroy any offensive odor.

Rinse the mouth out with borax and water occasionally to keep it sweet and pure.

Six ounces of rose water mixed with 2 drachms of chlorate of potash makes an excellent purifier of the breath.

A mixture of listerine and water used as a gargle after meals is good.

Mix 10 grains of carbonate of soda, 10 grains of white sugar, 10 grains of salicylic acid and 300 grains of alcohol; wash your mouth with a teaspoonful of this mixture in a cupful of hot water several times a day.

Cinnamon bark boiled in water, strained and used as a mouth wash, is very sweetening and antiseptic.

Taking an occasional dose of rhubarb and magnesia will often be found good.

Dissolve a small piece of burnt alum in the mouth.

A raw apple is one of the best sweeteners of the breath.

A bad breath from catarrh, foul stomach, or bad teeth, may be temporarily relieved by diluting a little bromo-chloralum with 8 or 10 drachms of water and using it as a gargle, and swallowing a few drops, before going out; costs about 50 cents a pint and a small vial of it will last you a long time.

Drink a glassful of sweet milk after eating onions and your friends will not notice any odor.

Or, swallow a mouthful of pure cider vinegar.

Or, drink half a cupful of hot water in which a pinch of common baking soda has been dissolved.

Or, drink a cupful of black coffee immediately after eating them.

Or, eat a small piece of charcoal after the meal.

For a foul breath arising from decaying teeth, dissolve 1 grain of permanganate of potash in 1 ounce of rose water, and rinse out the mouth thoroughly every 3 hours.

As a gargle, try this: Infusion of cinchona 10 ounces, chloride of soda 3 ounces, honey of roses 3 ounces, spirits of cloves (trituated with a little white sugar first) 4 drops; use a little of it 1 or 3 times a day.

Boker's Foul Breath Drops—Chloride of soda 2 ounces, liquor potassa 2 ounces, phosphate of soda 3 ounces, water 6 ounces. Dose—Teaspoonful after each meal.

Dromgoole's Foul Breath Drops—Alcohol 13 fluid ounces, oil of sage 22 fluid drachms, oil of lemon 10 fluid drachms, water 51 fluid ounces; mix and rinse out the mouth with a little of it occasionally.—[*Am. Ph. Jour.*]

Fitch's Pearl Drops—Salicylic acid 1 drachm, saccharin 15 grains, sodium bicarbonate 15 grains, alcohol 50 drachms; use a tablespoonful in a glassful of water as a rinse.—[*Dick's Encyc.*]

Beaumez's Pearl Drops—Phenic acid 2 grains, boric acid 50 grains, thymol in crystals 1 grain, essence of peppermint 1 drachm, tincture of anise 20 drops, distilled water 6 pints; to use, take an equal part of pure, soft water, rinse the mouth out with it after each meal and on retiring. It possesses excellent antiseptic qualities.—[*Am. Drug.*]

Agnew's Foul Breath Lozenges—Powdered sugar 2 ounces, vanilla 2 ounces, powdered charcoal 2 ounces, powdered roasted coffee 5 ounces, gum arabic 2 ounces; first add enough water to the gum to form a mucilage; then mix all thoroughly into a mass and make into lozenges of 2 grains each and take 3 to 6 a day—and your bad breath will disappear.—[*Dr. Agnew.*]

Wishart's Foul Breath Lozenges—Chlorate of lime 7 drachms, vanilla sugar 3 drachms, gum arabic 5 drachms; mix all together thoroughly; then add sufficient water to make a stiff paste and make into ordinary sized lozenges and eat 6 a day. To correct the acidity of the stomach.—[*Dr. J. C. Wishart.*]

Hagan's Breath Lozenges—Extract of licorice 1 ounce, oil of cassia 3 drops, oil of cloves 10 drops; mix, work into a paste with gum arabic mucilage, form into 1-grain lozenges, and allow to dry.

Dr. Richardson's Breath Lozenges—Oil of peppermint 1 fluid ounce, powdered white sugar 12 av. ounces; rub together well, form a paste with gum tragacanth mucilage, make into lozenges and dry.

Horton's Breath Lozenges—Ambergris 5 drachms, best musk 30 grains, liquid storax 10 drachms, cassia cinnamon 15 drachms, cardamom 5 drachms, ginger 10 drachms, oil of orange-flowers 1 drachm, sugar 500 drachms, gum tragacanth 12 grains; mix and make into a fine powder; mass with a solution of equal parts of glycerine and water and cut into lozenges weighing about half a grain.—[*Am. Drug.*]

Mad. Dupont's Breath Purifier—Tincture of myrrh 2 drachms, thymol 5 grains, oil of spearmint 15 drops, oil of wintergreen 15 drops, oil of cloves 20 drops, oil of peppermint 30 drops, enough alcohol to make 1 pint in all; add a little of the mixture to a glassful of water and rinse out the mouth well.—[*Ladies' Home Mag.*]

Humboldt's Breath Purifier—Chlorate of sodium 24 grains, pulverized white sugar 1 ounce, gum tragacanth 20 grains, perfumers' essential oil 2 drachms; powder the chlorate in a glass mortar, then put it into a cup and pour in a little warm water; let it settle and pour off; repeat the process three times with fresh water, filtering what is poured off each time, and mix the gum and sugar with it, adding the perfume last; then roll and cut into lozenges.—[*Woman's World.*]

Vanilla Breath Paste—Finest vanilla 2 drachms, cloves 1 drachm, lump sugar 1 ounce, cuttlefish bone 1 ounce, fine white

marble dust 2 ounces, syrup of saffron 4 ounces; pulverize the solids and form a paste with the syrup; rubbing the teeth with it cleans them and deodorizes the breath.—[*Psyche*.

THE NOSE

The nose must be considered the unfortunate member of the human countenance. It is bound to grow in any shape which pleases a capricious fate, subject to no rule or possibility of restriction. Its prominence has often to be deplored, especially when the contour is something that one wishes to have hidden; for there it stands, in the center of the face, more prominent than a lighthouse off a rock-bound coast, the first to catch the eye of a friend, the last to arrest the attention of a casual acquaintance. Unlike some of its fellow-members, it has no expression of its own worth speaking of; and what it has is of the reverse order. The plain mouth may break into a smile to touch the coldest heart with a gleam of sympathetic joy; the dullest eye may light up with a gleam of radiance wholly unlooked for; but any such attempt on the part of this attachment only ends in distortion. The "expression" of the nose is best in its natural state and its normal condition. There is, of course, the model nose, well proportioned, in keeping with the features it accompanies—beautiful, even; but even then it gets no credit—painters do not dwell upon it—poets do not sing it—lovers do not apostrophize it—the novelist describes it as "shapely," and passes on to other and more charming objects. Yet if it were not for the nose, and if the line which joins the forehead to the chin were not interrupted by the nostrils, the face of a human being would be as ugly as that of a gorilla.

A red nose is not near so desirable as red lips and, whether caused by March winds, indigestion, or a painful cold in the head, is a sore trial to womankind; and its cure or prevention is always a source of interest.

The tip of the nose, too, is a barometer and tells the story of impaired circulation to those who know how to read. If you suffer from indigestion or congestive headaches, cold feet, or any ailment of this general description, you must be cured before you can expect to have your nose assume the color of the remainder of your face. You should avoid all stimulating or spicy foods of all sorts, sleep in a thoroughly well ventilated room where one window is open constantly, and learn to breathe through the nostrils.

For a Red Nose—Powdered calamine 2 drachms, oxide of zinc 1 drachm, glycerine 1 drachm, cherry-laurel water 2 ounces; shake well each time before using and apply with a soft linen rag morning and evening.

Try this: Carbolic acid 20 drops, glycerine 12 drachms, rose water 6 drachms; apply at night and wash off in the morning with pure castile soap and warm water.

Or this: Sulphuret of potash 1 drachm, tincture of benzoin 2 drachms, glycerine 4 drachms, rose water 5 ounces; dissolve the potash in a little of the water, add the glycerine, gradually the balance of the water, and lastly the benzoin little by little. If not caused by intemperance in alcoholic drinks, or the excessive use of coffee, much benefit may be secured by an occasional application of this lotion.

An unduly red nose may come from acidity of the stomach; for this, dissolve half a teaspoonful of sulphate of soda in half a tumblerful of boiling hot water, and drink it as hot as you can bear an hour before breakfast, and repeat the dose in 30 minutes.

In most cases, a chronic redness arises from a defective circulation of the blood; wash the entire face at night with hot water and rub the nose afterward well with pure alcohol; this does not irritate the skin as it might seem, but acts as a tonic to the capillary tubes.

Indigestion and bad circulation of the blood will paint the tip of the nose a bright red in a jiffy; it may come from overheating, tight clothing at any part of the body, or inflammation from pimples or blackheads.

If the redness is particularly noticeable after eating, the trouble without a doubt is indigestion; and that should be remedied before any relief can be expected.

Try rubbing on a little phenyl at night and use alteratives internally.

Simmer 3 apples and 1 quince on the back of the stove for several hours; when the fruit has almost disappeared, strain the liquid through a cloth and bottle; make frequent applications.

Powdered sulphur 2 drachms, powdered starch 5 drachms, oxide of zinc ointment 3 ounces, oil of rose 10 drops; rub into an ointment and anoint the nose well at bedtime.

Or, take ichthyol ointment 1 drachm, oil of bitter almonds 4 drachms, cold cream 2 ounces; apply thoroughly 3 or 4 times a day.

Persons suffering in the least degree from red veins of the nose (telangiectasos), should abstain from greasy foods as much as possible, should never touch alcohol in any form, or coffee, nor subject the nose to the extreme of heat or cold.

A red, oily nose should be bathed with borax water, and afterward anointed with camphor water.

For a Shiny Nose—Take boric acid 1 drachm, rose water 4 ounces; mix, and apply to the refractory member as often as may be necessary.

Or, take sulphate of zinc 8 grains, compound tincture of lavender 32 drops, distilled water 4 ounces; bathe the part occasionally until relieved.

Or, use a little cologne or spirits of camphor in the water when bathing the face, especially in warm weather.

Or, simple tincture of benzoin 1 ounce, elder-flower water 4 ounces, tannic acid 20 grains, rose water 12 ounces; bathe the nose several times a day, after which a little good face powder should be used each time.

Or, bathe the entire face daily with a weak solution of soda water; use common washing soda—a bit about the size of a filbert to a quart of warm water.

Or, use common baking soda in proportion of a teaspoonful to a quart of warm water.

Nose Putty—A nose putty, largely used for making grotesque noses by circus and theatrical people, is made by taking white wax 4 ounces, white resin 4 ounces, mutton tallow 2 ounces; melt all together over a water bath and mix well; any desired color may be given the mass, and also perfumed; if too hard, remelt and add more tallow.

Closing Nose Passages—If the child's nose passages are so obstructed as to force it to breathe through the mouth, its health will suffer in consequence to such an extent that it will be either physically or mentally undeveloped; the brain, the organs of digestion, the heart, lungs and muscles all suffer if the nose does not perform its work.

The Nose as an Index to Character—In many families the nose retains the same shape from generation to generation, and whole races are distinguished by their nose—for instance, the Greek nose, the Roman nose, the Jewish nose, the Negro nose, and so on. The nose, also, is a distinctive mark of character.

If the nose is sharp and turns downward, it indicates keen business ability and a tendency to be both miserly and sharp-tongued.

The eagle nose denotes superior commanding qualities. We see it in Cæsar, Napoleon, Wellington and others of their kind.

Small nostrils denote irresolution and incapacity.

A delicate, pointed nose is indicative of wit, observation and cunning.

Short, thick noses often indicate a vicious disposition, a propensity to quarrel, combined with an inborn love of a good time. Socrates, who had such a nose, confessed that he was naturally badly inclined, but that he corrected his bad qualities by his philosophy.

The pug or retrousse nose shows a quick, pert and saucy nature, one quick to take offense, and if but slightly turned it has its charms on a woman's face; it makes more conquests than a long one; it is a saucy nose, and pleases on that account.

A small, delicate nose is prettier on a woman's face than a man's, especially if the nostrils are well opened and mobile.

The nose that is too deeply indented at the root shows a lack

of courage and decision, while a nose sloping directly out from the forehead, with no such mark between the eyes, indicates a strong sense of power. Let such a nose show a slight indentation, however, and it will be a capable, self-reliant sort of girl, who does everything well and makes no fuss about it.

A tip jutting out far from the face is a token of vulgarity, refinement being just the opposite.

An aquiline bend denotes firmness of will and fine sense of justice.

The long, narrow bridge proclaims a fastidious, self-sufficient yet often tender nature.

All the active qualities—combatativeness, eagerness, passionate temper, power of hatred, jealousy, ambition—go with the more common type of Roman nose.

The Greek form, on the contrary, tells of artistic capabilities, and love of inanimate beauty.

THE EYES AND EYEBROWS

Very few people are born with really perfect sight; in fact, it may be safely said that one out of every three persons is affected in a greater or less degree with astigmatism, which arises from a lack of uniformity in the curvature of the cornea. Vertical and horizontal lines cannot be seen with an equal degree of clearness. But, it is not within the scope or intent of this work to give formulas for the treatment of the serious troubles affecting the eyes and sight—the physician and the oculist should be consulted.

Nothing enhances the charm of a woman's face so much as a pair of beautiful eyes. Her teeth, complexion, shape of nose, or width of forehead, may not be all that could be desired; but if she possesses a pair of really beautiful eyes, they will completely overshadow all such defects.

If the white portion of the eye is an ugly yellow instead of a clear, pearly or bluish white, no doubt you are bilious; and as soon as you clean out your system thoroughly the heavy look will be reduced and your eyes will be better.

Sunken and expressionless eyes point to poor general health; improve that and you will be benefited otherwise also.

Rubbing the eyes on waking in the morning, or when sleepy, or when bathing, should be very strictly avoided; the pressure of the fingers is bad for the eyeballs and hastens the time when the sight will be dim.

If the eyes run water copiously in the winter wind, bathe them in a solution of 10 grains of boracic acid to 1 ounce of distilled warm water.

If they have a burning sensation, bathe them with hot water, to which a dash of witch hazel has been added.

If the white of the eye is clear, bluish and transparent, with no veins showing, it is a symptom that the nervous system is in bad condition.

When the eyes are tired, saturate bits of absorbent cotton with witch hazel and lay them over the closed lids; lie down for half an hour, and the eyes will be rested, strengthened and noticeably brighter.

Eye sacs usually denote kidney trouble, and you can get rid of them by correcting the kidneys; sometimes they are caused by late hours, dissipation, or excessive worry. For an external remedy, mix 20 grains of tannic acid with 1 ounce of glycerine, and apply to the puffed spots night and morning with a soft camel's-hair brush or pencil.

Or, try this massage treatment: Use both hands, place the finger tips directly beneath the eyes, press gently around the outer corners and upward, following the contour of the eye; give this movement at least 50 times a day.

Do not work with the head bent over; this tends to gorge the vessels of the eyes with blood and to produce congestion.

The best treatment for itching eyes is to use a cool, weak salt-water wash every few hours.

If you value your sight do not wear a dotted veil.

Irritated and Inflamed Eyes—The eyes should always be washed before going to bed to remove the dust which may have gathered on the lids during the day, and also on rising in the morning to remove any particle that may have gathered during the night. Ordinarily pure cold water is best for this purpose, as warm water has a tendency to redden the eyes and make them watery.

When the eyes have become irritated through excessive use, a cloth dipped in cold water and applied to them, and changed as often as it becomes warm, will generally relieve them.

If the irritation continues, the following lotion will prove efficacious: Borax 1 grain, camphor water (not spirits) 1 ounce; drop a little of the solution into the eyes several times a day.

Or, take liquor acetate of lead 10 drops, distilled vinegar 2 drachms, distilled water 4 ounces; use as a wash.

Try binding over them for a few minutes the scooped-out inside of a raw potato.

A mild astringent wash, such as diluted boracic acid, does much to relieve the redness.

If the lids are inflamed, bathe them repeatedly in a solution composed of 2 teaspoonfuls of brandy added to a cupful of tea; if it is possible, keep the eyes open once or twice while bathing them.

Try this: Powdered boric acid 1 teaspoonful, spirits of camphor 15 drops, and about 2-3 of a cupful of boiling water; strain through muslin, cool and apply twice a day; can be used with perfect safety and is excellent.

Or, poultice with roasted, boiled or rotten apples warmed.

Or, wormwood tops with the yolk of an egg.

For Weak Eyes—Take 4 drachms of rock salt and 1 ounce of dry sulphate of zinc; simmer in a perfectly clean porcelain vessel with 3 pints of water until all are dissolved; strain through thick muslin and add 1 ounce of rose water; bottle and cork tightly. To use—mix 1 teaspoonful of rain water with 1 of the mixture, and bathe the eyes, if weak, frequently; if it smart too much, add more water; if not enough, make it a little stronger by adding more of the mixture. It cannot be excelled as a wash for weak eyes.—[*Drug. Rep.*

For Films Over the Eyes—Mix the juice of eyebright and juice of ground ivy in equal parts with a little pure honey and 2 or 3 grains of table salt; drop a little into the eye morning and evening.—[*Am. Med. Rev.*

To Scatter Styas—The application of a piece of ice to the part will sometimes check a sty in the beginning.

Or, apply a poultice of linseed meal, or bread and milk, and take at the same time a cathartic.

If it is ripe, puncture it, and then apply the spermaceti ointment given elsewhere.

The skin of a boiled egg, moistened and applied to a sty, will be found excellent.

Try this: Vaseline 20 grains, fluid extract of arnica 1 grain, boric acid 3 grains, tincture of tolu 20 drops; make into a pomade, bathe the sty 3 times during the day with a warm infusion of elder flowers, then at night put on the sty a piece of the pomade, bind on and leave it there until morning.

A 3% solution of boracic acid with water touched to a sty every hour or two will not only give relief but it is said will prevent a return of the annoyance.

Astringent Eye Water—Sulphate of zinc 20 grains, distilled water 8 ounces. Use in chronic cases as soon as the inflammatory symptoms subside; also in weak, lax, watery, irritable eyes, etc. If there be much pain and irritability, 5 or 6 grains of acetate of morphia, or 2 fluid drachms of wine of opium, may be added.—[*Am. Jour. of Med.*

Golden Eye Water—Sulphate of hydrastia 4 grains, distilled water 2 ounces. An excellent lotion for inflamed and granulated lids.—[*Dr. J. C. Johnson in Med. Notes.*

Vegetable Eye Water—Smash and strain the juice from equal parts of ground ivy, celandine and daisies, add a little rose water and loaf sugar; drop a drop or two at a time into the eye. Takes away all inflammation, smarting, itching, spots, webs, etc.

Dr. Bates' Eye Water—Dissolve 15 grains desiccated sulphate of copper in 4 fluid ounces of boiling water, and add 4 grains of pulverized camphor while cooling; when cold add enough water to make it 4 pints and filter. In purulent ophthalmia.—[*Med. Ther.*

Anodyne Eye Water—Solution of acetate of ammonia 2 ounces, distilled water (hot) 6 ounces, soft extract of opium 10 grains; dissolve the opium in the hot water, strain through fine muslin, and add the ammonia solution. For the pain in inflamed and irritable eyes.

Goulard's Eye Water—Solution of diacetate of lead 10 drops, elder-flower water 6 fluid ounces. In inflammatory stages of ophthalmia.

Thompson's Eye Water—Sulphate of copper 10 grains, sulphate of zinc 40 grains, rose water 1 quart, tincture of saffron 4 drachms; mix and filter.—[*Drug. Cir.*]

Golden Eye Salve—Levigated red oxide of mercury 20 grains, prepared lard 3 drachms, white wax 1 drachm, strong solution of potash 2 drops; melt the wax and lard, add the mercury and potash, and stir until cold; lightly apply on the edges of the lids at night upon retiring.

White Rose Eye Salve—Oxide of zinc 5 parts, sulphate of morphia 2 parts, camphor $\frac{1}{2}$ part, white wax 120 parts, benzoated ointment 360 parts, oil of rose to perfume; anoint the lids. For inflammation of the lids, etc.

Templeton's Eye Balm—Laudanum 1 drachm, tincture of saffron 1 drachm, decoction of flaxseed 2 ounces; mix and apply often. Employed to strengthen weak eyes.

Salve for Granulated Lids—Yellow oxide of mercury 2 grains, fresh unsalted butter 1 ounce; apply to the outside of the lids night and morning.

For Dark Circles Under the Eyes—Nitrate of pilocarpine 1 ounce, spirits of lavender 1 ounce, spirits of garden mint 1 ounce, spirits of rosemary 1 ounce; heat to a gentle warmth before using; bathe the lower lids night and morning with it, but be careful not to allow any of it to get into the eyes.

Thin Eyebrows from Illness—Tincture of cantharides 1 grain, spirits of camphor 50 grains, cologne 50 grains, tincture of rosemary 5 grains; apply morning and evening for at least 6 weeks.

Hunter's Eyebrow Stimulant—Olive oil 1 ounce, oil of nutmeg 24 drops, oil of rosemary 24 drops, tincture of cantharides 6 drachms; apply once a day with a fine hair pencil.

Dr. Pray's Eyebrow Stimulant—Alcohol 4 ounces, castor oil 2 ounces, oil of bergamot 15 drops; apply night and morning.

Deveaux's Eyebrow Stimulant—Fluid extract of jaborandi 1 ounce, glycerine 5 ounces, lavender vinegar 10 ounces; apply to the brows and lashes with a fine hair pencil, using great care that none gets into the eyes.

Keller's Eyebrow Stimulant—Rectified spirits 4 drachms, table salt 1 drachm, chloride of ammonia 10 grains, camphor 5 grains, oil of rosemary 5 drops, water 8 ounces; mix, strain through cloth, and apply to the brows on retiring.

Jouvenant's Eyebrow Grower—Red vaseline 4 ounces, tincture of cantharides 1 ounce, Jamacia rum 1 ounce, oil of rosemary 10 drops; slightly warm and apply with a fine hair brush.

Castro's Eyebrow Grower—Red vaseline 1 ounce, lanoline 2 drachms, cocoanut oil 2 drachms; make into an ointment and apply a little to the brows and lashes at bedtime.—[*Era Anal.*

Eyebrow Cosmetic—White wax 1 grain, lard oil 125 grains, lampblack 125 grains; melt the white wax over a water bath, then stir in the oil, and follow with the lampblack; if not hard enough to make into sticks, re-melt over a water bath and add more wax. To apply, warm the cosmetic slightly, rub it on a little brush and then pass it over the brows and lashes lightly and very carefully.—[*Theat. World.*

Eyes Blackened by a Blow—If it is attended with pain and inflammation, wash it often with very warm water, in which is dissolved a little carbonate of soda; or with equal parts of tincture of opium and water.

If the pain is severe, foment with a decoction of jimson leaves, simmered in good whiskey; wash the eye and bind on the leaves; repeat often.

Perhaps the best application is powdered slippery-elm bark mixed with hot milk and applied warm.

Or, moisten dry starch with cold water and place over the closed eye; cover with a piece of coarse brown paper soaked in weak vinegar.

Or, bind on a little raw beef.

Or, put on a poultice of solomon's seal root.

Secrets that Eyes Reveal—Steady, widely-opened eyes that are not afraid to meet yours mean sincerity and honor; but the steady, glinting eyes that look through half-closed lids at you would rather indicate a cold and suspicious nature.

Small eyes usually mean an alert mind; if they look straight out at you, steady and bright, like a squirrel's, you may expect the right sort of cleverness, a quick tongue and a gift for repartee; but if the small eyes are more dim and do not look straight into yours, you may look for the wrong kind of cleverness, for little dishonesties and equivocations, and for a business sharpness that is willing to sacrifice too much for a little money.

Large, tranquil, "cowlike" eyes, on the other hand, are less responsive than the alert, bright, little beady eyes, but once stir them to their depths, and they will look infinitely more intense and meaningful than the more impulsive ones.

Round, protruding eyes show an ambitious nature and a love of action.

Black eyes nearly always denote a passionate nature—often even brutal, egotistic, and cruel, without delicacy or sensibility; the black eye in a woman indicates jealousy and a passionate nature to a very dominant degree.

Brown eyes are so variable that no precise signification can be attached to them.

Green eyes, often confused with gray eyes, denote egotism, harshness, severity, and unamiability.

China-blue eyes usually indicate a weak, easy, indolent nature.

Gray eyes, on the contrary, indicate an implacable will, which continues its road towards the object it aims at, heedless of every obstacle it may meet.

Iron-gray eyes, especially, are as strong and cold as the metal itself; when, however, gray eyes are transparent, and have a tinge of deep and limpid blue within their depths, they reveal an impressionable, sentimental, sensitive, jealous, curious and voluptuous nature.

The pale blue eye indicates coldness, but kindness and gentleness of mind—except the steady blue eye, pale and cold-looking, which denotes chilly, obstinate, often selfish natures, and absence of warm feelings. But the very rare dark blue goes with amiable, often noble, characters, without any special gifts of intellect or strength of will.

Spotted eyes—for there are eyes spotted with gold-like dots, like stars—denote happiness to their fortunate owner; fortune and love go with them; you will never see such eyes in a really unlucky person.

Eyes which frequently change are the most dangerous of all; beware of them; they attract, fascinate, and enchant; but they can also kill.

The restless eye denotes a false, designing, self-ashamed disposition, and a malicious intention in the bargain, if the shade is greenish; a brown-eyed woman, whose eyes are restless, has probably allowed her warm feelings to lead her into falseness, of which she is repentant; roving, unsteady, pale blue eyes signify a character that is all for self.

When eyes have dazzlingly blue “whites,” an impulsive temperament is told; if they become less white sometimes, clouding with yellow, an attack of evil temper is coming on, and the individual is best avoided until the eyeballs return to their usual condition.

Hazel eyes are the safest, especially those in which the brown predominates; talent, wit, truth, energy of disposition, originality of thought, sincerity, balanced temper, self-control, common sense, unselfishness, are generally possessed by the owner of such eyes.

Eyes of any color with weak brows and long, concave lashes are indicative of a weak constitution.

People of melancholic disposition or temperament rarely have clear blue eyes.

Eyes with long, sharp corners indicate great discernment and penetration.

Unsteady eyes, rapidly jerking from side to side, are frequently indicative of an unsettled mind.

Eyes placed close together in the head indicate pettiness of disposition, jealousy, and a turn for fault-finding.

Most men and women of genius have eyes clear, slow moving and bright. This is the eye which indicates mental ability of some kind—it does not matter what.

THE CHIN

There is something beautiful about the artistic and perfect feminine chin over which the modern artists rave so much. The chin is a fair illustration of the Darwinian development of the human race. The monkeys and savage tribes of men have very protruding chins, which are the accompaniments of strong, powerful jaws and teeth. The latter, in the early stage of development, or evolution, were used for protection; but with the development of the race mentally as well as physically, the teeth and jaws became less useful as weapons of defense and attack, and the chin assumed the present normal form.

We have several types of chins. One is the retreating chin, which, if pushed to the extreme, is ungraceful and disfiguring to most people. The long, protruding chin, which many people have, often spoils an otherwise beautiful face. The normal chin is one of moderate size, with strong definite curves, and flush with the frontal line of the face. This is the artistic chin of the female. It is one of the most graceful features of the American woman, and it is a mark that should be cultivated and admired.

The Double Chin—Where there is a tendency to a double chin, or an undue presence of fat around the jaws, a compress moistened with orange-flower water may be bound in place on retiring—the water keeping the skin from wrinkling after the superfluous flesh has been massaged away.

A double chin can be cured by correct breathing. The short-necked woman must hold her head high, even craning her neck until she is conscious of the tension of the cords. She should also practice relaxing the muscles of the neck and dropping the head, and then moving it around in a circle. This will give the head a graceful poise, and will exercise the muscles, and help to rid them of superfluous fat.

The stretching and overstretching of the head forward, backward and from side to side will prevent a double chin from forming.

Double chins are sometimes caused by resting the head on a very high pillow.

The flesh under the chin may be reduced by bathing in quite warm water for 10 minutes until the pores are thoroughly opened; dry lightly and quickly, dip the fingers in some such cream as the "Princess Cream," given elsewhere, and pinch the flesh gently;

then apply cold compresses for several minutes and finish the treatment by sponging in spirits of camphor. By following these directions every day for a week you will have reduced the flesh as much as you will care to do.

Or, practice the following exercise: Stand erect, in military position; place the hands lightly on the hips, fingers forward; drop the chin slowly on the collar-bone; then throw the head back with a quick, even movement—one that is not a jerk yet puts all the muscles into quick play; repeat 10 times. Turn the head quickly to the right until the chin is just over the right shoulder; then back again; repeat 10 times. Then turn the head to the left in the same manner, and repeat 10 times. Do not tire the muscles of the neck, but gradually increase the number of exercises daily, until you can practice each one about 50 times without after discomfort.

Character in Chins—Chins with deep clefts in them declare their owners' anxiety to be loved; while a narrow, square, firm chin, on the contrary, evinces a desire to bestow love.

A woman with a very pointed chin is very refined in her tastes, of the most delicate sensibilities, something of a doubter of her fellow-creatures (but this tendency may be, and often is, held in check by principles opposed to it), and fitted by nature for a producer of original work of one kind or another.

As a broad, square chin signifies passion, it follows by a study of the various qualities shown by these features, that a really nice and highly talented woman must have a chin that is a narrow square, ending in a fine point, with a sufficient cleft in it to mean a wholesome responsiveness to affection.

THE EARS

The perfect ear should be about twice as long as broad, and should be attached to the head almost straight or slightly inclined backwards, and should touch the head with the back of its upper point. The critical observer will find very few perfect ears. One great peculiarity is, that the two ears of a person are scarcely ever exactly alike. It has been found that each ear announces the way in which one-half of the undertaking will be carried out—the right ear showing how the first half of an undertaking will be executed or mapped out, the left ear showing how it will be finished. In left-handed people, however, the reverse is true.

Women seem to have better shaped ears than men. They are smaller, more delicate, and lie closer to the head. Some men can flap their ears like donkeys—and such usually are closely related in intellect to that useful beast of burden.

Mothers and nurses are greatly to blame for the almost deformed ear we constantly see on our young people. Nothing gives

a child so uncouth an appearance as wide, projecting ears, and although a girl can dress her hair to somewhat lessen the ugly deformity, as long as the ears stand out from the head they are a great blemish.

If troubled with an excess of wax in the ear, give them an occasional bath by dropping a little warm milk into them; the head must remain flat for about 5 minutes while the milk is allowed to rest in the cavity; dry with a bit of absorbent cotton on the round end of a hair pin; do not go out immediately after having given the ears this treatment.

It is a mistake to wear cotton in the ears for any length of time, as it deadens the hearing and predisposes one to earache and cold.

Never drop anything into the ear unless it has been previously warmed.

Never strike or box a child's ears; this has often been known to rupture the drum and cause incurable deafness.

Never let the feet become cold or damp, or sit with the back towards a window, as these help to aggravate any existing difficulty in hearing.

When pus begins to flow from the ear the pain ceases, but the discharge signifies that the drum membrane has been perforated.

Earache—A baby often suffers excruciating pain from earache, and may scream without cessation for hours; sometimes will reach its hand to the side of the head that aches, or may burrow its head in the pillow; commonly it rubs its gums and so distracts attention from the real source of pain—of course, the disturbance is then laid to teething.

A simple first remedy is a drop of warm sweet oil poured from a teaspoon into the ear; if this does not give relief, add a drop of laudanum to 2 of warm oil and repeat.

Saturate cotton with chloroform and oil of cassia and the fumes will immediately stop the pain. Good also in toothache.

Fill a little bag of soft flannel with salt, and make it very hot in the oven; test it against your own cheek to make sure it is not too hot, and then apply to the aching ear.

Or, a bag of chamomile flowers treated and applied in the same manner will be found good.

Or, put on a roasted fig, or onion, as hot as can be borne.

Or, blow the smoke of tobacco strongly into it.

Or, wet a rag with laudanum and cover the ear with it.

A bag of hops, or hartshorn and sweet oil, are household remedies.

If it comes from a cold, boil rue, or rosemary, and steam the ear through a funnel.

Dissolve asafetida in warm water; drop a few drops into the ear, and then cork up the ear with wool until relieved.

Heat an iron or a brick, wrap it in 2 or 3 thicknesses

of flannel, pour warm water on the top, when steam will at once rise; if the ear is placed close to the flannel the steam will permeate every part of it and bring quick relief.

Camphorated chloral $2\frac{1}{2}$ parts, glycerine $16\frac{1}{2}$ parts, oil of sweet almonds 10 parts; mix, and put a little into the ear on cotton-wool; also rub a little behind the ear.

Eczema of the Ear—Eczema of the ear is a very bad ailment and a most disagreeable one; indeed, all maladies of the external ear are peculiarly offensive. It requires the skill of a physician to effect a permanent cure.

The sufferer from this trouble should never eat pork in any form; shell-fish will frequently produce an attack.

A few drops of listerine diluted with water dropped into the ear will allay the fearful itching.

NECK AND SHOULDERS

It is a fundamental theory that health is beauty. A diseased or wasted thing is always unlovely; only perfection of health and strength brings perfection of beauty as its concomitant. It is, therefore, to the interest of those few girls and women who do not often have an opportunity for wearing décolleté gowns to improve the appearance of their neck and shoulders. Hollows are not only unsightly, but they also indicate a narrow chest, and consequent tendency to pulmonary troubles. A redundancy of flesh in the chin and neck is not alone a disfigurement in itself, but it points as well to general obesity, and perhaps fatty degeneration of some vital internal organ. A pretty neck and smooth, well-rounded shoulders are desirable acquisitions. A fair face becomes more charming than ever when "set like a flower on a perfect stem," and many faults and imperfections of countenance seem less in evidence when the neck and shoulders beneath are beautiful and healthy.

The neck, perhaps, needs first attention and consideration, as it is more likely to lack beauty, and is at the same time more amenable to treatment than are the shoulders. If cleanliness is akin to godliness, it is the triplet of health and beauty. Proper bathing is an essential; without it the skin becomes red, rough and pimpled. The skin of the neck, chest and shoulders is the most delicate of the body and shows neglect and improper care first. After the regular washing, a rinse with pure, fresh buttermilk is a luxury; and this not only tends to render the skin creamy in color and soft in texture, but is a cure for freckles and sunburn.

Perhaps the common fault in the beauty of the neck and throat is emaciation. The necks of most women need developing—if only to remove the hollows so frequently in evidence. To make the

throat full and round, the best exercise is this: Bend the head slowly forward until the chin touches the neck, and then slowly raise the head to its normal position; repeat these movements until you are tired. Then bend the head as far backward as possible. Sitting erect in a chair, bend the head from one side to the other, and then roll the head to the right, left and forward.

Another good position is this: Allow the arms to hang loosely at the side; raise the shoulders as high as possible, then forward, down and backward until a circle is formed; continue this for a time and then reverse the motion. Do this every day for 5 or 10 minutes.

One of the best exercises—if not the best—to make the throat and neck round and firm is voice culture. Even if one has not an extraordinarily or even a fairly good voice, it is well to have it trained for this reason.

Whitening Lotions—Muriatic acid 1 ounce, water 10 ounces, bichloride of mercury 10 grains, glycerine 1 drachm, oxide of zinc 2 ounces, alcohol 2 ounces; first mix the acid and water, then add the mercury, glycerine and alcohol in this order; shake well and then add the zinc; when used, shake thoroughly and apply to the neck and shoulders with a sponge; do this at night and allow it to remain for about an hour before removing, and then massage with one of the creams given elsewhere.

Or, take bismuth oxychloride 10 drachms, precipitated chalk 3 ounces, glycerine 6 drachms, water 15 ounces; apply as often as necessary.

Or, take peroxide of hydrogen 50 grains, borate of soda 4 grains, glycerine 25 grains, orange-flower water 200 grains; use 2 or 3 times a day.

Streaks on the Neck—The dark streak around the neck, caused by wearing high collars, can in many cases be removed by applying lemon juice each night before retiring.

If the neck is yellow, bathe it night and morning with a mixture of equal parts of boracic acid and oxygenated water.

A mixture of peroxide of hydrogen and lanoline will whiten a yellow neck.

Or, pour a little of the peroxide in a saucer and apply alone to the stain with a piece of old linen.

Or, try this simple home preparation: Take 1 ounce of honey, 1 tablespoonful of lemon juice, 6 drops of oil of bitter almonds, whites of 2 eggs and enough fine oatmeal to make a smooth paste; apply this at night, covering with a bit of old, thin, soft linen; 3 or 4 applications will bleach the skin to a beautifully white-satiness.

The following has been very successful in removing stains and yellow streaks from the neck: Oleate of copper 30 grains and ointment of oxide of zinc 1 ounce; rub into the spots morning and night; wash off in the morning with warm water and a bland soap.

Suggestions—The neck can be made plump by massaging daily with equal parts of cocoa butter and lanoline.

Or, rub the neck and chest every morning with moistened salt and rinse off by dashing or spraying with cold water.

Or, bathe the neck with warm water and then rub thoroughly with olive oil, using a rotary motion. This treatment must be used persistently, however, to be of any benefit. In the morning use cold water and rub with alcohol.

For a thick neck, bathe it frequently with cold water and apply clear alcohol; this has a tendency to reduce all fleshy parts. For goiter, see medical part of this book.

For a neck rough and inclined to redness, mix 4 ounces of emulsion of bitter almonds and 20 grains of borax; apply to the skin with a small soft sponge, allow it to remain a few minutes, then wash it off with soft water.

If the redness arises from any irritation of the skin, or from sunburn, then take 1 pint of sweet milk, 1 ounce of carbonate of soda, 1 ounce of glycerine and 4 drachms of powdered borax; apply 2 or 3 times a day.

The "Roman Toilet Paste" for the neck is made with 3 ounces of ground barley, 1 ounce of honey and the white of 1 egg; after it has been mixed into a thick paste, spread it over the neck at night, lay thin pieces of muslin or linen over it, and wash off in the morning with warm water.

"Milk of White Roses:" Take 1 pint of rose water, 4 drachms of the simple tincture of benzoin and 6 drops of attar of roses; put the rose water into a basin; add the benzoin a drop at a time, then the attar and bottle; rub well into the skin and massage.

ARMS AND ELBOWS

One would think that the continued vogue of short sleeves would drive almost all femininity to the cold cream jar as a panacea for the harsh and knobby elbows, which usually come from hard work or using the elbows as props for the head on about every occasion.

To get rid of, soak the callous places every night for 10 minutes in warm water in which a teaspoonful of borax has been dissolved, then carefully dry and rub with a good cold cream, which may be found on other pages.

Or, with a little sponge or piece of cloth bathe the elbows several times a day for 2 or 3 days with peroxide of hydrogen, and before you quite realize what is happening the spots will soften and whiten, and disappear completely, leaving the elbows soft, white and agreeable to the eye and touch.

Remember, calloused elbows are one of the first signs of age,

likewise, and she is lucky indeed who has begun to care for her arms before the dimples of youth entirely disappear.

Flabby, fat arms without muscle are in need of exercise. Get a punching bag and use it, or practice some sport like tennis, which will oblige you to use your arms vigorously; if nothing else, wave the arms in the air, for it is constant motion that keeps arms and hands thin.

To gain a plump, white arm you must steam with hot cloths before applying skin food. When the hot steam and water have softened the flesh, rub in all the skin food which can be placed on the palm of the hand.

Make your armholes loose. Japanese women have beautiful arms because of the wide kimono sleeves they wear. A tight armhole stops the circulation and makes the arm shriveled and thin.

The air promotes the growth of hair; that is the reason you are always and strongly urged to allow your hair to float loose around your shoulders as much as possible; the air has the same effect on the arms, if they are at all inclined to be hairy.

For this growth of down, go over them with peroxide of hydrogen, or dioxygen, which will bleach the hair so that it will be less noticeable; and you can mix a little ammonia with the peroxide, or dioxygen, which will destroy the constitution of the hair and gradually kill the roots.

Or, you can remove it with fine pumice-stone; but at the same time you run the chances of increasing it by removing in this manner.

Or, take liquid ammonia 50 grains, common salt 10 grains, camphor 1 grain, distilled water 450 grains; use every morning by thoroughly bathing the arms with it.

Wash to Cleanse the Arms—Boracic acid 1 drachm, baking soda 1 drachm, alum 1 drachm, alcohol 4 ounces, water 4 ounces; scrub the arms well with the solution, and then use one of the massage creams given elsewhere, or the one following:

Massage Cream for the Arms—Powdered castile soap 60 grains, 85% alcohol 500 grains, essence of lemon 4 grains, iodide of potassium 42 grains; massage each arm for about 20 minutes, then wash them in tepid water; follow by rubbing them hard with a crash glove and anoint thoroughly with a mixture made by taking borax 110 grains, carbonate of potassium 40 grains, rose water 15 ounces, cologne water 4 drachms, talcum powder 12 drachms, glycerine 5 drachms, tincture of benzoin 3 drachms. This is also used on flabby arms, as it will tend to diminish the flesh and make them firm, smooth and white.

Whitening Lotion for the Arms—Sodium hyposulphite 375 grains, borax 40 grains, glycerine 5 drachms, distilled water 14 ounces, cologne water 1 ounce, oil of neroli 5 drops; use twice a day on the shoulders and arms that may have become tanned through the shirtwaist.

Suggestions—If you are going out in the evening, and intend to powder the arms, you should do so freely 3 hours before the time of departure; then they are in just the right condition to be seen at the proper time.

Arms that are always more or less tanned and sunburned should be washed in hot water and rubbed nightly in lemon juice, or else washed twice daily in buttermilk; this will prevent further burning as well.

Any of the preparations given herein to whiten and improve the complexion will be found just as serviceable for the arms.

The skin of the arms may be whitened, and cleared of hair at the same time, by bathing them in a hot solution of chloride of lime as strong as that used for bleaching cotton—say 2 tablespoonfuls of the chloride to 1 quart of soft water; bathe the arms daily in this, as hot as can be borne, not over 2 minutes at a time, washing afterwards in vinegar and water, and rubbing well with oil of sweet almonds. Do not breathe the fumes of the chloride, as it is injurious to the lungs.

THE HANDS AND NAILS

There is not among created things, not absolutely necessary to life, anything more delicately adjusted and adapted to its use than the human hand. Even in animals of lower grades than ourselves, the hand is a wondrous organ. The broad hand of the mole that digs in the ground, the long fingers of the bat that clings to the branch, show its varying powers; but the mechanism of the human hand involves all the uses of all the other hands. The work of the thirty-one muscles that it takes to move the hand and fingers is not more marvelous than that of the skin which covers them, with the innumerable papillae giving it sensitiveness, most of them only the two-hundredth part of an inch above the surface, but each of them holding a lymphatic and nerve and blood vessels, and each nerve ending in a bunch of filaments that make the sense of touch so fine a thing as to carry messages to the brain sufficiently correct as to fill the place of the eye when lost. It may have been in some recognition of this fine mechanism that palmistry first arose; for with all the inner scaffolding of bone and muscles, sheathed in such a network of filament and nerve, and all in such velvety softness of skin, and further protected at points of most frequent contact by shields, the feeling might grow that it could not have been devised for merely exterior and common purposes.

To make the hands white and delicate, wash them in hot milk and water for a day or two; on going to bed, rub them over with palm oil and put on gloves.

Put a little hyposulphate of soda upon the hands when you

wash, mix with water to the consistency of cream, and rub them well.

For chapped hands, rub glycerine (diluted with water one-half) on them in the evening before retiring.

Rubbing them night and morning with raw linseed oil will also be found very good.

A glycerine jelly, excellent for chapped hands, lips and face, may be made by triturating 20 grains of chlorate of potash with pure glycerine and thicken with powdered gum tragacanth.

A mixture of borax and glycerine is also good.

Soft soap and red sand may be tried.

Sweet almond oil rubbed well into the skin daily will soften the hands and improve them.

Roughness or redness may be prevented by always washing the hands in tepid—not warm—water, and, in winter, rubbing a few drops of glycerine over them before drying with a towel.

Carbolic acid and pure tar soaps are all good for the hands, but their disagreeable odor is against them.

Pulverized hemlock bark sprinkled on chaps of the hands is well recommended.

In cleaning the nails, the knife should never be allowed to scrape off the inner substance of the nail.

To remove tar or pitch from the hands, mix to the consistency of cream pulverized extract of licorice and oil of anise; rub on the spot thoroughly, then wash off with soap and water.

Rubbing the hands with a slice of raw potato will remove most vegetable stains.

For stains, also try cider vinegar or lemon juice.

To keep the nails from cracking, use equal parts of red vaseline and oil of sweet almonds; and by adding 3 drops of tincture of benzoin to an ounce of the mixture makes it also good for the hands.

If your fingers feel stiff after doing the day's housework, wash the hands carefully, using a good soap, and rinse well in clean water, dry, and apply a mixture of equal parts of honey, lemon juice and cologne water.

Rubber gloves are good when you are working in water, or cleaning, or doing anything rough; but when simply dusting, wear cotton gloves.

For sweaty hands, take borax 4 drachms, salicylic acid 4 drachms, boric acid 1 drachm, glycerine 2 ounces, diluted alcohol 2 ounces; apply with friction several times a day.

The hands begin to grow old at 30; the flesh falls away and they lose their shape; rub a good skin food into them every night and each time you wash them.

For red hands, take gum tragacanth 1 ounce, powdered orris root 2 ounces, alcohol 2 ounces, glycerine 1 ounce, cologne water 2 drachms; add just enough rose water to dissolve the gum in, then add the others; apply every time after washing the hands.

To whiten and soften, take benzoated zinc ointment 1 ounce, gum camphor 5 grains, subnitrate of bismuth 30 grains, orange-flower ointment 4 drachms; mix thoroughly after the manner of cold creams, and apply night and morning.

For brittle finger nails, soak them just before retiring in warm olive oil; rub off with chamois, then anoint with cosmoline and sleep with rubber gloves.

A finger nail polish: Powdered oleate of tin 1 ounce, putty powder 7 ounces, carmine 1 drachm; mix and perfume to suit.

For soft nails: White wax 10 grains, black rosin 20 grains, pulverized alum 4 grains, walnut oil 60 grains; melt and mix.

Honey and almond paste for whitening and softening the hands: Almond meal 4 ounces, oil of sweet almonds 8 ounces, pure strained honey 8 ounces, egg yolks 4 drachms; melt the honey separately, pour the almond meal into it and knead it together with the beaten yolks; add the oil and knead it again until a smooth paste is produced.

Or, take a tablespoonful of cologne water and another of lemon juice; scrape half a cake of castile soap to a powder and mix all well; when hard it will be found an excellent article.

Or, take mutton suet 2 ounces, spermaceti 1 ounce, powdered benzoin 4 drachms, yolk of 2 eggs, balsam of peru 1 drachm, white curd soap 4 drachms, olive oil $2\frac{1}{2}$ ounces, attar of roses 20 drops; melt all together over a water bath except the last, and add that while cooling.

Or, powdered borax 15 grains, common table salt 10 grains, spirits of ammonia 30 drops, oil of orange 1 drachm, glycerine 2 ounces, alcohol 6 ounces.

Or, use a teaspoonful of powdered buckeyes (which have been previously peeled and dried) in the water when washing them.

For brittle nails covered with white spots, hold them in a mixture made by melting together myrrh 1 drachm, lanoline 1 ounce, oil of sweet almonds 1 ounce, spermaceti 4 drachms; and have it just as hot as can be borne.

Here is a good cream for the nails: Coal oil 1 ounce, powdered white castile soap 60 grains, oil of bergamot 10 drops.

If the nails have become discolored by acids, rub them with ammonia; if by alkalies, use vinegar or lemon juice.

Equal quantities of glycerine and benzoin rubbed into the finger joints night and morning will keep them supple.

A good remedy for hands that perspire too freely is made of cologne water 4 ounces to tincture of belladonna 4 drachms—the hands to be rubbed with it several times a day.

Another good remedy is an ounce of powdered alum dissolved in about a pint of hot water, then allowed to cool, and used as a wash (which must dry on) 2 or 3 times a day for at least a month.

Oxide of zinc is also good; and a rice powder, used after washing, will be found beneficial.

Or, add a little spirits of camphor to the water in which the hands are washed.

Or, bathe them with white vinegar, and then dust them over afterward with powdered orris root.

A good home-made preparation of camphor ice for the hands is made of pure white wax melted and stirred to the consistency of cream with spirits of camphor.

The pure simple tincture of benzoin makes a good nail polish; it lasts longer and gives a softer, more shining gloss than any of the patent polishes.

For stains on the hands, dilute the oil of vitriol with water to make of moderate strength and wash them frequently, without soap, and rinse in clear water immediately after.

Or, pour a little peroxide of hydrogen into a saucer, dip the part where the stain is into the liquid, and rub assiduously until it disappears. Good also to remove the little white specks from the nails.

Or, wash your hands in clear water, dry slightly, and while yet moist, strike a sulphur match and hold your hands around the flame; the stains will immediately disappear.

Rubbing with a bit of orange or lemon peel will remove tar stains and stains of a kindred character; care must be taken to wipe the hands dry immediately.

Fresh tomatoes, or strawberries, or a leaf of sorrel, or a little milk, are excellent for removing ink stains.

Before peeling potatoes, the hands should be well dried, and should not be washed immediately after; by this slight precaution they will not be stained.

Although the nails grow four times as fast on the fingers as on the toes, it takes five months for the perfect nail to replace itself on the finger.

Where the hands are very red and coarse, they may be whitened by holding them frequently in water in which 2 or 3 grains of chloride of lime have been dissolved, rinsing them afterwards in clear water.

After washing clothes, blacking stoves, or doing any other rough work, wash the hands well with good, pure soap and warm water, and while they are still damp, rub them with lemon juice or pure cider vinegar and they will not get rough.

For persons liable to cramp, paralysis, or any similar affection of the fingers, knitting is regarded as a most beneficial exercise.

Where a delicate pink color is desired for the finger tips, soak 1 drachm of alkanet root chips in alcohol, diluted with water, for a week; apply by dipping a bit of raw cotton in the mixture and touching the ends of the fingers with it.

Every time you wash your hands press the cuticle softly back from the nails with the towel; this gives the desired length and prevents hang-nails.

If they have become shriveled and shrunken from long soaking in water, dip them into vinegar; this will restore them to their natural condition and color.

To Whiten the Hands—Spirits of wine 2 gills, salad oil 2 gills, soft soap 1 pound, mutton tallow 1 ounce, ambergris 1 scruple; boil the soap, tallow and oil together, and after boiling ceases add the other two; cover the hands with it on retiring and wrap them up.—[*Ladies' Fash. Jour.*]

Or, take brown windsor soap 4 cakes, lemon juice and cologne water of each 1 teacupful; scrape the soap into ribbons and add it to the mixture of the other two, stir well and allow to stand until it hardens.—[*Hospital Gaz.*]

Or, take lemon juice 4 tablespoonfuls, glycerine 2 ounces, carbolic acid 10 drops, water 2 ounces; put into a bottle and shake well; after washing and wiping the hands, rub a little of the mixture into them. Will not only whiten and soften the skin of the hands but remove stains as well.—[*Banner World.*]

Wash for Freckled Hands—Oxymuriate of quicksilver 8 grains, sal-ammoniac 1 drachm, distilled water 1 pint, rose water 1 quart; dissolve the quicksilver and ammonia separately in sufficient alcohol, and to one add gradually the rose water and to the other slowly the distilled water; unite them and apply with a sponge.—[*Home Mag.*]

Almond Wash for the Hands—Oil of bitter almonds 1 ounce, oil of tartar 1 ounce, almond soap 2 ounces, lemon juice 2 ounces; dissolve the soap in the juice, add the oils, and stir well. Never use it on chaps or scratches—too powerful.—[*Housekeeper.*]

Almond Powder for the Hands—Sweet almonds 2 pounds, white castile soap 1 pound, orris root 4 ounces, pumice-stone 8 ounces, oil of bitter almonds 4 drachms, oil of bergamot 2 drachms; blanch and powder the almonds, also pulverize the soap, root and stone, and thoroughly mix; allow to stand 5 days.—[*Era Anal.*]

Reitz's Glycomine—Equal parts of glycerine, soft soap and laurel-water; mix thoroughly. Good also for face, lips, chilblains—so the label reads.—[*King's Anal.*]

To Whiten Red Hands—Lanoline 100 drachms, liquid paraffine 25 drachms, extract of vanilla 1 drachm, oil of roses 30 drops; apply whenever necessary.—[*Psyche.*]

For Rough Hands—Tincture of benzoin 30 drops, glycerine 2 ounces, rose water 3 ounces; apply night and morning.

To Whiten the Nails—Diluted sulphuric acid 2 drachms, tincture of myrrh 1 drachm, pure spring water 4 ounces; first cleanse the nails with white toilet soap and then dip the ends of the fingers into the mixture.—[*Home Comp.*]

White Specks on the Nails—Pitch 2 drachms, turpentine 2 drachms, and a small quantity each of cider vinegar and flowers of sulphur in equal parts; melt the first two in a cup, then add the others; rub on the nails.—[*Woman's Mon. Mag.*]

Nail Polishing Powder—Pulverized pumice-stone 2 ounces, talcum powder 4 drachms; mix thoroughly; add 15 grains of carmine if you desire to color and a few drops of oil of roses if you wish to perfume it; sift through silk bolting cloth.—[*Fash. World.*]

Biting the Nails—This is so disfiguring a habit that every effort should be made to conquer it. It is one of the many forms in which nervousness manifests itself. Rubbing the finger tips with aloes will greatly aid in breaking the habit, as the bitter taste of the aloes will serve as a reminder to the will, and cannot be noticed.

Gale's Jelly for the Hands—White gum tragacanth 2 drachms, water 14 ounces, glycerine 1 ounce, tincture of benzoin 2 drachms, powdered borax 2 drachms, white rose extract 4 drachms; macerate the gum in the water until perfectly soft and dissolve the borax in the glycerine; mix the two solutions, add the tincture little by little and strain through muslin. Claimed to be very efficacious for removing tan and softening the hands.—[*Dick's Encyc.*]

Cream for the Hands—Purified wool-fat 1 ounce, balsam of peru 1 drachm; perfume if desired. For chaps, etc.

Quince Seed Cream—Fresh quince seed 1 ounce, glycerine 16 ounces, tincture of benzoin 1 ounce, rose water 8 ounces—the liquids all liquid measure; macerate the seeds in the water for 24 hours, strain; add first the glycerine, and then the tincture little by little, stirring constantly. For chapped lips, hands, etc.—[*Mrs. Mollie Marks in West. Rural.*]

DEVELOPING AND REDUCING

To Develop the Bust—Lanoline 1 ounce, cocoa butter 1 ounce, oil of sweet almonds 1 ounce; melt together over a water bath and beat until cold after removing from the fire; lay hot cloths on the breasts each night, then rub in the mixture gently but thoroughly in a circular direction for 15 minutes.—[*Prac. Drug.*]

To Enlarge the Bust—White petrolatum 14 ounces, paraffine 1 ounce, lanoline 4 ounces, alcohol 2 drachms, oil of roses 5 drops, vanillin 4 grains, water 6 ounces; massage daily with this mixture each breast for about 15 minutes, but be very gentle; after the massage wash with tepid water and a little pure castile soap; then bathe them with cold water and a little alum—a teaspoonful to a tumbler of water; after this, apply a little of the following mixture: Tincture of myrrh 2 drachms, pimpernel water 4 ounces, elder-flower water 4 ounces, musk 1 grain, rectified spirits of wine 6 ounces.—[*Jour. of Pharm.*]

The Vaucaire Prescription for Enlarging the Breasts—

Liquid extract of galega (goatsrue) 1 drachm, lacto-phosphate of lime 1 drachm, tincture of sweet fennel 1 drachm, simple syrup 40 drachms. Dose—Two teaspoonfuls with water before each meal. This is the prescription of the famous French physician for increasing the size of the breasts and bears his name. The liquid extract of galega given in this prescription is a drug or preparation from a South American plant, which acts direct upon the glands of the breasts, but the demand which has been awakened for it has caused druggists to vend a substitute that grows in our Southern States, and which causes the prescription to be worse than useless. The genuine extract comes from the South American plant. Its action varies greatly, too, with different individuals; and where with one person it will take only a few weeks and a few bottles, with another it may require months and gallons. Unless you are suffering from some sort of disease which would halt its action, the remedy will surely produce the desired result, if you will have patience. So long as you are in good health it is simply a matter of time; provided, of course, you get the true extract of galega.—[*Jour. Med. Sci.*]

Dr. Monin's Prescription—Sweet Kimmel 100 drachms, extract of nettle 4 drachms, extract of galega (South American goatsrue) 4 drachms, Pearson's liquor 3 drachms. Dose—Small wineglassful after each meal 3 times a day. Used to enlarge and make the breasts firm.—[*Paris Med. Critique.*]

To Harden the Breasts and Make Them More Firm—Oil of sweet almonds 6 ounces, white wax 3 ounces, tincture of benzoin 12 drachms, pulverized tannin 6 drachms, rose water 12 drachms; melt the oil, wax and tannin together over a water bath, remove from the fire and add the benzoin little by little; lastly add the rose water and mix thoroughly. This pomade is not to be used as a massage cream, but is designed to be used after massage, to restore the shrunken or flabby skin.—[*Ph. Jour. Med. Sci.*]

To Restore Shrunken Breasts—Massage with cocoa butter (first bathing the parts well with warm alcohol or vinegar) every night until results are seen; if the breasts are simply flabby, and not smaller than before, try bathing them in cold water frequently to make them firm; wet cloths with very cold water and lay them on, but do not leave them on after you are dressed, or a cold and even pneumonia might result.—[*Dr. Kime's Med. Presc.*]

Pitt's Balm of Venus—Tincture of quillaja (soap-tree bark) 3 drachms, tincture of myrrh 3 drachms, tincture of benzoin 3 drachms, galega water (infusion of goatsrue) 5 ounces, rose water 15 ounces, milk of almonds 2 ounces, deodorized alcohol 1 ounce, essence of neroli 1 drachm, powdered alum 90 grains; form into an emulsion and apply at night, gently rubbing it well in. Used for enlarging the breasts.—[*Dr. C. J. Pitt's Form.*]

Unequal Breasts—Often unequal breasts come from using one arm more than the other. Bathe the larger side nightly

in water as cold as you can bear, leaving wet cloths on it for about half an hour. Practice arm and shoulder exercises on the smaller side.—[*London Med. News.*]

To Reduce the Breasts—Take aristol 2 drachms, white vaseline 30 drachms, essence of peppermint 3 drachms; rub the breasts gently but thoroughly every night with the ointment, and then cover with compresses wet with the following mixture: Alum 2 drachms, acetate of lead 30 drachms, distilled water 400 drachms; cover the compresses with oiled silk and keep on for 12 hours; continue this treatment for several months.—[*East. Med. Rev.*]

Or, try this: Pure deodorized iodoform 1 ounce, vaseline 2 ounces, essence of peppermint 20 drops; then cover the breasts with compresses wet with the mixture given above and follow same directions.—[*East. Med. Rev.*]

Here is a perfectly harmless pomade for this: Tincture of benzoin 20 drops, iodide of potassium 45 grains, vaseline 12 drachms.—[*Tilden's Form.*]

Or, bathe the breasts several times a day, very gently, with pure alcohol.—[*Dr. Conwell.*]

To Develop the Breasts and Chest—Mrs. C. A. Kreiger, beauty specialist, gives the following: "The best treatment is gentle rubbing—great care must be exercised that no chafing or bruising is produced. This gentle friction, night and morning, 5 minutes at a time, will generally produce the desired result. A little linseed oil and rose water may be applied with good effect. Take at the same time, 3 times a day, small doses of cod liver oil."

A young girl's chest will naturally grow full and strong if she will remember to draw long, deep breaths that inflate it and draw in the abdomen; particularly, when she is out walking in the clear, cool air should she remember to breathe deeply.

An easy way to develop the chest and arms is to stand in an open door, place the hands, palm downwards, on the door casing at a level with the shoulders and walk back and forth through the door as far as possible without removing the hands.

A breathing exercise: Raise the arms above the head and place the palms together; breathe deeply, rising on the toes at the same time, and take 5 steps forward; let the breath out as the arms gradually come down to the side and come down on the heels at the same time.

To Fatten the Arms—Salol 2 grains, spermaceti 30 grains, glycerine 40 grains, lanoline 120 grains, tincture of cantharides 5 grains, essence of white rose 75 drops; rub the arms and chest every night with a bit of flannel until they glow, then spread on a thick layer of this cream and leave on all night; wash it off in the morning with tepid water.

To Limber the Muscles and Joints—Balance the body flatly on the balls of the feet and assume the crouching position until

the knees almost touch the chin; then shoot out each foot alternately until it is at right angles with the body, resting the weight of the body upon the other foot and using the hand to maintain equilibrium; repeat 10 times with each foot.

For Chest and Arm Muscles—The body lies prone on the floor in front of the chair, and the exercise is to lift the body solely by means of the shoulder, chest and arm muscles until it assumes the upright position; the strong, deep breath necessary to the accomplishment of this will broaden the chest and bust.

To Expand the Chest—Depress the chest, letting the shoulders come forward, with the head up and back; raise the chest by muscular effort, not by breathing, to the point of greatest expansion; raise and lower the chest this way 8 times.

To Beautify the Throat—The most beneficial local exercise for beautifying the throat is forcible whistling; however, as many persons think whistling a bad habit for girls the music of the exercise may be omitted, in which case noiseless but powerful blowing with the lips should be substituted, the lips being meanwhile held in the whistling position; frequent practice of this exercise will healthily develop the muscles of the neck.

To Develop the Muscles of the Legs—Rise on the toes, count 5, lower the body until the heels almost touch the floor; repeat 8 times, touching the floor with the heels only on the 8th count; repeat the same exercise, rising on the heels.

A gymnastic feat which is said to be a positive enlarger for the lower limbs is to stand on one foot, and, with the other leg held out as nearly at a right angle to the body as possible, try to touch the knee to the floor.

To Develop the Hips—Stand alternately on each foot, swing the free limb pendulum fashion from the hips, each time allowing it to go as far forward and backward as possible.

To Reduce the Hips—Stand erect with arms raised above the head and extended, bend forward and try to reach the floor with tips of fingers without bending the knees; rise slowly and repeat 10 times; then stand with one foot on an ottoman and swing the other leg from the hip without bending the knee; take a short, slow motion at first and gradually swing the leg higher with every movement; swing each one 50 times, morning and night.

Or, try this: Stand erect with shoulders and back well poised; place hands on hips, raise the leg with knee bent and kick to the side quick and hard, then bring the foot back to first position.

To Reduce the Waist Measure—Deep breathing will help to reduce the waist measure and enlarge the bust; the stretching exercises, too, are splendid as waist depleters. Raise the arms high above the head; then, holding knees straight, try to touch the floor with the finger tips; stand erect, place hands on hips, bend from waist as far as possible to the right; then to the left.

Or, sitting squarely on a stool or chair without a back, throw the body backward gently until the head touches the floor, keeping the feet on the floor all the time; then raise the body to an upright position. This must be accomplished by the aid of the back and hip muscles solely; no assistance must be given by the hands or arms; such would defeat the purpose of the exercise.

To Reduce the Abdomen—The best way to reduce the abdomen is by exercise, but remember it should be taken moderately at first and gradually increased; the following is excellent for this purpose: In standing position, clasp the hands over the abdomen; contract the muscles of the abdomen and bend at the hips 6 times, keeping the muscles well contracted throughout the bending; rest by taking 3 deep breaths between the exercise.

Or, lie flat on your back and slowly raise both legs to perpendicular position; then lower them slowly to the floor; this will make your abdomen small and firm; do not repeat the exercise many times in succession, as too many repetitions might strain the back.

Alternate it with the following, which is also strengthening to the muscles of the abdomen: Lie flat, and, keeping the heels on the floor, rise to a sitting position, with the arms crossed over the chest; or, if this is too difficult, begin by tossing the arms forward to give the body an impetus. When it becomes easy to perform in both of these arm positions, increase its pull by clasping the hands at the back of the neck, thus coming to a sitting position; this sitting position should always be erect.

Deep breathing practiced regularly 3 times a day is said to be an excellent reducer of the waist and abdomen. Stand erect, hands on hips, and inhale from the very depths of your anatomy; hold the breath a second or two, and gradually exhale with an even whistling sound; repeat 15 times before each meal and note the result.—[*Corbin's Med. Notes.*]

Reduction of Flesh—Iodide of potassium 46 grains, vaseline 14 drachms, lanoline 14 drachms, tincture of benzoin 20 drops; make into a pomade and rub over the fat parts twice a day; avoid all starchy and sweetened food, all cereals, vegetables containing sugar or starch, such as peas, beans, corn, potatoes, etc.; have your bread toasted; sprinkle it with salt instead of using butter; skimmed milk may be drank; hot water is an excellent substitute for other liquids; add a little of the juice of limes or lemons to it, if you choose; limit your sleeping hours to seven at the outside; no naps; you must take exercise.

In reducing flesh one fact to recollect is, that fat is carbon; oxygen destroys or burns out carbon; you must consume the carbon by the oxygen you take through your lungs; the more exercise the more oxygen, and consequent destruction of fat by the one healthful method of curing obesity; the more starch and sugar you eat, therefore, the more carbon to burn away.

An Obesity Cream: Animal oil soap 60 drachms, iodide of potash 42 drachms, alcohol (85%) 500 drachms, essence of lemon 49 drachms; massage the parts which you wish to reduce several times a day with the cream and work it well in.

To Fatten the Cheeks—Rub a good skin food in with the following movements: To treat the right cheek, place the thumb of the left hand just beyond the corner of the mouth on the left cheek as a brace; make rotary movements upward and outward, beginning at the corner of the mouth and making 3 diverging lines of manipulation over the cheek; with the right hand treat the left cheek; about 6 times over each cheek is sufficient.

To Reduce the Cheeks—Extract of rhatany 1 drachm, oil of benzoin 30 drachms; mix and massage them every day for 10 minutes; after the massage bathe the cheeks with a lotion of boric acid 1 drachm, tincture of benzoin 1 drachm, rose water 100 drachms.

To Keep the Shoulders Straight—The best exercise for development is this stretching movement: Stretch well and thoroughly over and over again until the muscles of the arms and shoulders feel quite loosened; one can do so lying down or standing, but it is best when stretching the shoulders to stand; while in an upright position, throw the arms to the back of the head and stretch well. After she has exercised her back and shoulders in this way, a woman will find it hard to sit in a stooping attitude, and she will without effort square her shoulders and hold herself correct.

To Strengthen the Back—A good exercise to strengthen the back and remove excessive flesh from the hips can be taken in one's own bedroom. It consists simply in picking up a small stool or chair and raising it high over the head, and then bending over, placing it on the floor; repeat this movement, raising the stool high above the head and putting it back on the floor, until tired; it is a good idea also to take a deep breath when you raise the arms above the head and expel when you put the stool on the floor. This is a vigorous exercise, and if kept up will not only strengthen the muscles of the back, but drive away the superfluous flesh from the hips.

Strengthening the Ankles—One of the best ankle strengthening exercises is to stand on the tips of the toes and stretch upward until every muscle in the foot and ankle responds, counting up to 100, if possible. You may not be able to do this at first—it is not as easy as it sounds, but "practice makes perfect," and a daily observation of this simple rule will accomplish wonders with weak ankles. In addition to this exercise, try to walk on your tip-toes, keeping your poise as long as possible.

The rotary motion is also valuable for ankles defective in strength. Sit erect, and point the foot with an upward curve,

describing a circle, not with the leg so much as the foot, bringing all the muscles into play. Do this first with the right foot, then with the left, alternately, in order to rest the muscles, and persist in this daily practice, no matter whether you feel like it or not.

A strong solution of salt water is a great strengthener of weak muscles. This regimen must be followed regularly, however, morning and evening, and between times if convenient to do so, in order to tone up depleted nerves, weak muscles and, consequently, defective circulation. The salt bath should be followed by an oil rub, or, better still, a massage, which will do a great amount of good.

Standard Proportions of the Perfect Woman—For height of 5 feet 5 inches, weight 128 pounds; arms, extended, should measure from tip to tip of each middle finger just 5 feet 5 inches, the same as her height; the length of her hand should be one-tenth of her height, her foot one-seventh, and the diameter of her chest one-fifth; from her thighs to the ground she should measure just the same as from her thighs to the top of her head; the knee should come exactly midway between the thigh and the heel; the distance from the elbow to the middle finger should be the same as from the elbow to the middle of the chest; from the top of the head to the chin should be just the length of the foot, and the same distance from the chin to the armpits. A woman of this height and weight should measure 24 inches around the waist; 34 about the bust, if measured under the arms, and 43 if measured over them; the upper arm should measure 13 inches and the wrist 6 inches; the calf of the leg $14\frac{1}{2}$ inches; the thigh 25, and the ankle 8 inches.—[*Jour. of Obst.*]

Measurements of Noted Women—At the present time, the Australian prototype is represented by Annette Kellermann, whose beauty of physical development was attained by swimming; the American, by Ray Beveridge, whose classic lines are maintained by open-air exercise; the English, by Maude Odell, whose symmetrical proportions were secured by physical culture in a gymnasium; and the Russian, by Amelia Rose, the artist's model, of New York.

Annette Kellermann's measurements: Weight 137 pounds; height 5 feet $3\frac{3}{4}$ inches; head $21\frac{3}{8}$ inches, neck $12\frac{3}{4}$, chest $33\frac{1}{8}$, bust $35\frac{1}{4}$, waist $26\frac{1}{4}$, upper arm 12, forearm $9\frac{1}{2}$, wrist $5\frac{7}{8}$, hips 38, thigh $22\frac{1}{4}$, knee 14, calf 13, ankle $7\frac{7}{8}$, instep $8\frac{7}{8}$, foot 9.

Ray Beveridge's measurements: Height 5 feet $6\frac{3}{4}$ inches; neck $12\frac{3}{4}$ inches, chest expansion $41\frac{1}{4}$, bust 37, waist 25, upper arm $11\frac{1}{4}$, forearm 10, hand $6\frac{3}{4}$, wrist $5\frac{1}{2}$, hips $39\frac{1}{2}$, thigh 24, calf $14\frac{7}{8}$, ankle $7\frac{3}{8}$, foot 9.

Maude Odell's measurements: Weight 145 pounds; height 5 feet 8 inches; neck $12\frac{1}{2}$ inches, chest 38, bust 40, waist $24\frac{1}{2}$, upper arm 12, forearm $9\frac{1}{2}$, wrist 6, hips 39, thigh $24\frac{1}{2}$, calf $14\frac{1}{2}$, ankle $7\frac{3}{4}$, length of leg 34, foot $8\frac{1}{2}$.

Amelia Rose's measurements: Height 5 feet; neck $12\frac{1}{2}$ inches, around shoulder 35, chest 33, waist $23\frac{1}{4}$, upper arm 10, forearm $8\frac{3}{4}$, length of arm $25\frac{1}{2}$, wrist $5\frac{1}{2}$, hips 37, thigh $20\frac{1}{2}$, knee $13\frac{1}{2}$, calf 13, ankle $7\frac{1}{2}$, length of leg 39.—[*Phys. Cult.*]

Mae Josephine Bennett, of San Francisco: Height, 5 feet 2 inches; weight, 123 pounds; bust, 36 inches; hips, 37 inches; waist, 26 inches; thigh, below hip, 22 inches; calf, 13 inches; ankle, 7 inches; arm span, 62 inches. Awarded third prize in a national contest on physical perfection, after which successful in winning in a local beauty contest over hundreds of competitors.

THE FEET

The human foot is merely a hand modified for a base of structure to support the body. It is longer and thicker and narrower than the hand. Its solid parts are firmer than the corresponding parts of the hand and the movable parts less movable. The foot has two arches—one from front to rear composed of 8 bones, and another from side to side composed of 4 bones. These arches, on account of the cartilages interposed between the segments that compose them, are flexible and give elasticity to the step and gracefulness to the gait. The largest bone in the long arch of the foot is the heel bone, and to this is attached the largest tendon in the body. In this tendon the 3 muscles, which compose the calf of the leg, and which are of the greatest value to us in the act of walking, unite.

The beauty of the feet consists in the neatness and fineness of their shape, and not in smallness nor shortness. The absurd notion that smallness and beauty are the same, leads to the crippling of the foot until it is often a mass of crumpled deformity. No other part of the body requires more care, comfortable shoes and a daily bath being indispensable requirements; sound feet are necessary to personal comfort and attractiveness; corns and bunions and callosities interfere with the natural gait, throw the body out of proper balance and bring wrinkles to the forehead.

If the circulation in your feet is slow and they have a tendency to become stiff and numb, a good rubbing will restore it.

Pure olive oil is the very best thing for massaging the feet.

To keep them soft and white, rub frequently with a mixture of equal parts of pure glycerine and eau de cologne.

For itching feet of an eczema nature, take carbolic acid 2 drachms, menthol 1 drachm and sufficient proof spirits to make 12 ounces; apply after bathing the parts with hot water and resinol soap, and allow to dry; then apply the following mixture: Ichthyol 2 drachms, carbonate of soda 1 drachm, oil of sweet almonds 4 drachms, glycerine 6 drachms, distilled water 6 drachms.

In case of ulceration, from any cause, fancy-colored hosiery

should never be worn until the sore is entirely healed; this applies also to tender and perspiring feet.

For soreness between the toes, after first carefully washing them, put a piece of gauze, wet with tincture of myrrh or compound tincture of benzoin, between the affected members.

If colored hosiery is worn at all, it is best to have the soles and heels white; tender feet are made more sensitive by the dyes used in the stockings.

Tender Feet—When the feet are weary and tender from long standing or walking during the day, there is nothing better than a warm foot bath in which has been dissolved a handful or two of sea salt.

Or, take a teaspoonful of Epsom salts and 5 or 6 drops of tincture of cayenne pepper; put into a shallow basin of water—just enough to cover the soles of the feet—and soak them for 20 minutes. It is also good for burning feet, which so many are troubled with during the summer months.

Or, take powdered oleate of zinc 1 ounce, powdered boric acid 2 ounces, powdered French chalk 3 ounces; mix and sift over the feet or into the stockings when the occasion demands.

Or, wash them in cold water night and morning, rubbing dry with a rough towel, after which mop on the following solution: Salicylic acid 1 ounce, alcohol 8 ounces. This will be found not only refreshing but will prevent disagreeable perspiration.

Or, dust them every night with a powder made of pulverized alum 5 grains, naphthol 5 grains, borax 10 grains, starch 10 grains, salicylic acid 3 grains, violet talcum powder 60 grains; also dust it into the shoes and stockings in the morning.

Or, put a little water of ammonia in the water used to bathe them with.

Or, take bichromate of potassium 5 ounces, essence of lavender 1 drachm, distilled water 2 pints; brush the feet over with this lotion after the bath or when changing the hose, and be careful that no spot between the toes escapes; in extreme cases, it may be necessary to place bits of absorbent cotton, wet with the lotion, between the toes.

Or, burnt alum 1 part, glycerine 2 parts; rub on the feet at night and wear light, open stockings; in the morning the feet should be washed in tepid water.

Or, tannic acid 4 scruples, rose water 1 ounce, alcohol 5 ounces, distilled water 6 ounces; use as a wash mornings after bathing the feet in warm water and drying.

Or, add a little rock salt to the bath water, if the feet are made tender by excessive perspiration.

Or, add 1 tablespoonful of bay rum and 2 tablespoonfuls of ammonia to 2 quarts of cold water; soak them in this for 10 minutes, throwing the water upwards to the knees; rub dry with a crash towel.

Or, soak the feet every night in strong alum water, letting it dry on instead of wiping dry; keep this up for a few nights and the most obstinate case will yield to the treatment.

Or, sponge morning and evening with a solution of 2 teaspoonfuls of baking soda and 1 pint of cold water.

Excessive Perspiration of the Feet—Those who suffer from this trouble should bathe them each night before retiring; the use of hot water and common laundry bar soap (the kind with plenty of rosin in it) is well recommended.

One part of corn meal added to 21 parts of powdered alum is said to be good.

Or, try this: Subnitrate of bismuth 1 ounce, powdered oleate of zinc 1 ounce; before going out, both morning and evening, dust over the feet.

Or, phenic acid 6 fluid drachms, alcohol 11 fluid drachms, starch 12½ ounces, powdered orris root 11 ounces, essence of violets 1 drachm. This powder can also be used on perspiring hands and it is a very agreeable glove powder.—[*Dr. Clara Jones, Belleville, Mich.*]

Or, permanganate of potassium 3 grains, talc 40 grains, subnitrate of bismuth 45 grains, salicylate of sodium 2 grains, rice powder 60 grains; mix all well and sift it through bolting cloth five or six times; apply every morning.

The use of dry boracic acid or a saturated solution of boracic acid in alcohol after the application of hot water is a good remedy for excessive perspiration in any part of the body.

The girl who suffers from excessive perspiration should use the salt water beauty bath every morning. Throw a handful of salt into the wash basin and moisten slightly, rub well all over the body, jump into the bath tub and turn on the cold spray; use the bath-brush freely, be out in a few seconds and dry well with a rough towel.

Burning Feet—Soak them in hot water, to which has been added a small quantity of washing soda; dry and apply phenol sodique with absorbent cotton.

Or, take a pint of wheat bran and an ounce of bicarbonate of soda, put into a foot tub and a gallon of hot water; when cold enough, soak the feet in the mixture for 15 minutes.

Swollen Feet—A hot foot bath, with a tablespoonful of the following powder in it, will give the greatest relief: Alum 1 ounce, rock salt 2 ounces, borax 2 ounces.

Sponge them thoroughly with a solution of a teaspoonful of acetate of lead to a tumblerful of water and dry with a coarse towel; then dust the feet with talcum powder.

The tincture of arnica diluted with warm water will act like magic in giving relief.

Or, bathe them often in cold water, and before putting on the stockings powder them with a mixture of equal parts of chlorinated lime, prepared chalk and powdered starch.

Cold Feet—A great many women and girls suffer from constant cold feet. They are both a result and a cause of ill health. This chronic condition of coldness is usually due to a feeble circulation, the blood not reaching the distant parts of the body in sufficient volume to warm them efficiently. The feeble circulation may be due to want of proper food and insufficient muscular exercise. The radiation of heat from the body is very much increased in cold weather, hence there is a demand on the part of the body at such periods for foods that are of a high heating value, such as fats and sugars or starches; of the latter, fats are the most valuable, since they produce more heat in proportion to the quantity taken than do sugars and starches.

Cold feet are a common cause of insomnia, or sleeplessness; in this case, the correct treatment is to warm them. It is not always convenient or expedient to take a long walk before getting into bed; but the resources of civilization are not exhausted. Vigorous massage of the feet will improve the circulation; hot foot-baths may be tried; a glassful of hot milk or lemonade will often restore the warmth. Any constricting bands, such as tight garters or shoelaces or tight buttons, pressing on the great vessels of the lower limbs, may effectually diminish the circulation of the blood in the feet and so produce coldness; such causes, once pointed out, should be avoided.

Offensive Odors—It is well known that certain surfaces of our body eliminate peculiar odors. People generally labor under the impression that the offensive odor which is experienced, especially in those who sweat a great deal, is due to the action of bacteria in the material eliminated by the skin. Such notions are certainly erroneous. The animal body is furnished with certain kinds of glands, whose function it is to manufacture peculiar smelling material and that such glands are more prevalent in certain parts of the body. We know that some people give off continuously an unpleasant odor, although they may bathe two or three times a day; whereas, in other people, who seldom bathe the body, the odor is insignificant. This is to be explained, not that certain persons sweat more than others, but that those who eliminate abnormal odors are affected, either with diseased conditions or are naturally constituted with an increased number of odoriferous glands. The odor is, in fact, due to glandular secretion and not the result of excretory decomposition of bacteria. To confirm this statement, take some of the lower animals which are endowed with peculiar odors, as the dog, mink, beaver, raccoon; also, many of the winged creatures, as the wild duck. Some of these are in the water from a sixth to half of the time, yet they smell just the same. The offensive odor with which some men and women are afflicted is not the product of bathing or non-bathing, for the cat and the rabbit, which seldom bathe, are far less odoriferous than those animals which are continually bathing.

Such facts prove, if they prove anything, that offensive odors cannot be cured alone by bathing; but does show that perspiration must be checked by powders or astringent washes that will close the pores of the skin on certain parts of the body where these odoriferous glands are located most numerously.

All the formulas and suggestions which follow may be used for the armpits or other parts of the body affected as well as the feet.

The Swiss army laws prescribe a mixture of talc 10 parts and alum 2 parts. Also applicable for sore feet.

The Prussian army regulations prescribe a salicylic suet (salicylic acid 2 parts, mutton tallow 100 parts).

Bathe the feet, rubbing well, and rinse in hot water; if this does not help them, bathe in a weak solution of permanganate of potash—1 scruple to 8 ounces of water; if these remedies fail, it might be well for you to consult a physician in regard to the general health.

Or, try this: Beta-naphthol 1 drachm, distilled witch hazel 8 ounces; bathe the parts affected freely.

Or, powdered oleate of zinc 1 ounce, powdered boracic acid 6 drachms; the skin should be constantly covered with this powder.

This is recommended by many: Corn starch 4 tablespoonfuls, baking soda 2 level teaspoonfuls, sachet powder 1 teaspoonful; put into a box with perforated top.

Or, powder the feet and armpits with finely pulverized borax after bathing them.

Or, boracic acid 15 parts, oxide of zinc 25 parts, French chalk 60 parts; applied freely to the feet as well as in the stockings gives relief, it is claimed; special attention should be given to the skin between the toes.

Carbolic acid 1 part, burnt alum 4 parts, starch 400 parts, prepared chalk 4 parts, oil of lemon 2 parts; make a fine powder of each, mix, and sift through fine bolting cloth; apply to the feet, hands and armpits.

Or, dust them daily before putting on the stockings with: Carbonate of magnesia 7 ounces, powdered burnt alum 2 ounces, powdered orris root 7 ounces, powdered cloves 30 grains.

Get 10 cents' worth of formalin from your druggist and put a teaspoonful in a pint of water; keep in a bottle, corked, on the washstand and apply to affected parts once a day, and all odors will be removed; can also be used to dampen your dress shields.

After your bath, which should be a cold one—if you can't take it absolutely cold, just have the chill removed—bathe the body with this lotion: Hydrate of chloral 1 ounce, water 1 pint; apply it with gauze or absorbent cotton.

Dr. Bordet's Prescription: Salicylate of sodium 2 drachms, permanganate of potassium 13 drachms, French chalk 40 drachms, subnitrate of bismuth 45 drachms; dust daily into the stockings; the feet should be washed daily, every morning and evening, and after washing rubbed with alcohol.

Perchloride of iron 450 grains, glycerine 150 grains, essence of bergamot 20 drops; for two days previously the feet should be washed with a cold infusion of walnut leaves, and on the third day apply the mixture. Claimed to be good.

Take equal parts of boric acid, tannoform and talcum; use in the usual manner. Said to be excellent.

Wear cork insoles in your shoes which have been dipped into a solution of 20 grains of permanganate of potash with 1 ounce of water and dried before being replaced.

Or, dip in a solution of 1 ounce of boracic acid with 1 quart of water and serve in the same manner before using.

Or, dust them with a mixture of salicylic acid 3 parts, starch 10 parts, powdered talc 87 parts.

Aromatic Foot Bath—Dried mint 1 ounce, dried sage 1 ounce, dried angelica 3 ounces, juniper berries 8 ounces, rosemary leaves 1 pound; boil for 20 minutes in 5 quarts of water; use warm, and immerse the feet in it for 20 minutes before retiring. Excellent to put delicate, weak feet in good condition. It should be used every night for a week; repeat every fifth week. First rub the feet with a cut lemon; this has a tonic effect on the muscles, and is very soothing to the nerves.—[*Fash. World*.]

Calloused Feet—To remove a callous spot on the sole of the foot, first soak it well in hot water to soften; then with a sharp knife cut off as much of the thick skin as may be removed without hurting, but great care should be taken not to touch the soft skin after the cutting; spread on the spot a paste made of boracic acid 30 grains, beta-naphthol 10 grains and lanoline 4 drachms; bind on with a thin piece of old muslin; keep this softening mixture on the calloused places day and night and it will eventually cause the hard spots to soften and disappear.

Or, every time you wash your feet gently rub the calloused places with a piece of fine pumice-stone; this will keep them down and in time they will disappear.

Ingrowing Toe-Nails—These cause a great deal of pain and are most difficult to deal with. Chiropodists advocate splitting the nail up the center, but this can only be done by a competent person, as there is danger of cutting too far down, and so injuring the toe, which might prove extremely dangerous.

In any case, hot water is again to the fore, and after a prolonged soaking the nail can be scraped with a penknife, a little at a time, and, if possible, it is well to raise the nail by means of the blunt side of the knife (every care must be taken in doing this), and inserting a tiny roll of cotton-wool between the nail and the flesh—this, sometimes, preventing the further ingrowing.

Another way: Loosen the flesh, cut the nail, moisten the affected part with a camel's-hair brush soaked in perchlorate of iron; the flesh is thus made insensible and hard. This remedy is infallible, says a noted chiropodist.

To relieve the pain from an ingrowing toe-nail, thrust a bit of punk under the growing nail at the corner; let it remain until it works itself out and then repeat the action.

Make a pomatum of equal parts of mutton suet, castile soap and powdered sugar, and apply this to the affected toe until a cure ensues.

Wet your toe thoroughly and apply a solution of gutta percha—1 part to chloroform 8 parts; this should be applied several times the first day to the affected part, less frequently the following day and so on, until the nail has resumed its natural condition.—*[Nat. Chirop.]*

PERFUMES

One of the most exquisite offices in nature is that performed by scents of flowers in purifying the air and breathing ozone into it by their perfumes. Not all sweet-scented plants do this, or all pleasant odors. The distinction is marked between the sedative odors and the reviving ones. Lilies, jasmine, tuberose, orange flowers and acacia in their natural form, borne on the winds and mixed with many thousand times their own volume of air, are pleasant, soothing to a healthy sense, though delicate nerves cannot enjoy them even in their garden freshness. Brought closer, in clusters of blossoms, their odor is narcotic, depressing; so much so that some persons grow faint at smell of them; and yet more concentrated, their effect is stupefying and deadly. Well authenticated instances abound of persons sent into heavy slumber, as if drugged, by the odor of lilies or jasmine; and the scent of orange flowers is so depressing to the action of the heart that it is not safe for anyone with any weakness of that organ to inhale it for any great length of time. It is not all imagination when nervous, susceptible persons complain of discomfort from the powerful scent of flowers or essences of any sort. The reviving scents arise largely from herbaceous plants—from the odors of the rose, lavender, mignonette, thyme and lemon verbena, balsamic rosemary, and chief of all, the carnation family, including the spicy stock, wallflower and pinks—not quite all sorts, for the fringed garden pink emits with its sweet spice a breath of laurel ether like that of cherry blossoms, which make the bees drunk in their over-blown boughs. The scent of the clove carnation is one of nature's finest stimulants, and a garden border full of them is a cordon of delicate disinfection as far as its odor spreads.

The woman of to-day is the willing victim of many fads and fancies—none of these perchance more charming than the passion she has for sweet and subtle odors, proceeding whence we cannot tell; but as they greet us in faint yet alluring suggestion, they seem so much a part of the woman herself that only the initiated is

aware by what judicious management such delightful ends are accomplished.

Properly used, perfumes remind one of balmy breezes wafting occasional breaths from wooded hills. The spicy arbutus or delicate violet will ever be appreciated by those of refined taste, while the modest mignonette and the faint yet exquisite scent of the wild rose are rarely offensive even to those most sensitive in this respect. In fact, nearly every forest flower possesses a distinctive "something" that makes the perfumes far more agreeable than that obtained from blossoms cultivated for the purpose.

Origin of Perfuming Ingredients—Frankincense, sometimes called *olibanum*, though the latter is somewhat different, is the incense used in Roman Catholic churches, and was used for the same purpose by the ancient Egyptians and Israelites; it is a gum resin distilled from a tree (*juniper lyciæ*) and comes from Syria and Arabia.

Myrrh is a gum resin that exudes from a small scrubby tree which grows in Arabia Felix.

Gum benzoin is a resin extracted from a tree called *styrax* benzoin, growing in Siam, Java, Sumatra, etc.

Storax is a resin that exudes from a tree known as *styrax officinale*, which grows in countries bordering on the Mediterranean, and likewise in India and South America; it greatly resembles benzoin.

Balsam of peru is obtained by making an incision in a tree growing in South America.

Balsam of gilead is a turpentine obtained from a tree of Abyssinia, though more generally growing in Gilead, Judea, whence the name.

Labdanum is an unctuous resin found upon a plant (*cystus cretius*) growing in Syria and Candia.

Dragon's blood, which is most frequently used in tooth powders, is obtained by macerating and steaming the fruit of the *calamus draco*.

Gum copal is a resin exuding from two trees, one of which grows in India and the other in this country.

Oil of roses, attar of roses and oil of roses are all the same, and is the essential oil of the rose; it is the most precious and fragrant of any perfume known, and the purest comes from Turkey and India.

Oil of rhodium in fragrance resembles roses, and is prepared from rhodium-wood; it comes chiefly from the Levant. Oil of sandalwood is a cheap substitute.

Oil of lavender is made in England and France, and is distilled from the flowers of the garden lavender.

Oil of cloves is expressed from the clove and the best quality comes from the East Indies.

Oil of cassia and oil of cinnamon both come from the cinnamon

tree, of the East Indies; the first is expressed from the buds—the other from the inner bark.

Oil of jessamine, or jasmine, is a fixed oil saturated with the aroma of jessamine flowers.

Oil of neroli is made abroad, and is the product of the fresh flowers of the orange tree.

Oil of bergamot is produced from a distinct species of lemon (*citrus limetta*); it is expressed from the rind of the fruit, and comes from Italy.

Oil of citron, or citronella, is the oil that is expressed from the rind of the citron.

Oil of lemon is expressed from the lemon peel.

Oil of sweet marjoram is a distillation from the flowers of that plant, and indigenous to this country.

Oil of rosemary is distilled from rosemary flowers.

Oil of thyme in the same way from lemon thyme.

Essence of violets is said to come from the root of the Florentine orris.

Essence of jonquil comes from narcissus flowers.

Essence of petit-grain is obtained by distilling the young and tender leaves of the orange shrub.

Ambergris is supposed to be a morbid concretion in the spermaceti whale, and is usually found floating on the sea or sea coast and comes to us from the Indies.

Civet is a substance obtained from the civet cat, and in scent resembles musk and ambergris strongly.

Musk is a concrete substance found in an animal having a close affinity to the deer tribe, a native of Thibet, China and Siberia; the best is from China.

Suggestions—A few drops of sandalwood oil dropped on a hot shovel will diffuse a most agreeable odor throughout a room.

Frankincense may be used in a similar manner, but is quite disagreeable and choking to some persons.

To agitate, means that the mixture is to be shaken occasionally during the period required for it to stand and mature.

It is impossible to secure a satisfactory fragrance in any perfume if ordinary alcohol, brandy or whiskey is employed; it must be odorless—that is, free from the smell of liquor—or you will always have the fragrance of vanilla. Pure cologne spirits is the best.

Fill a bottle with rock salt, then add a little cologne spirits and a few drops of oil of rose geranium, and you will make a lovely smelling bottle.

If you have a jar of rose petals, you can make a nice perfume by covering them for three days with cologne spirits, or a good bath vinegar by covering with white vinegar.

To obtain a lasting and refreshing odor of sweet violets, put 1 ounce of orris root (broken into small pieces) in a bottle with

4 ounces of deodorized alcohol, cork it tight and shake well; let stand four or five days and then filter.

One of the most delightful sachet powders may be made by combining 5 cents' worth each of powdered orris root, oil of cloves and oil of lavender; place in a small bag of paper or silk and lay it among your clothes in the dresser drawers.

Crab apples have a refreshing acidity that reminds one of the blossoms that bore them—one of the best perfumes of nature; the apples will shrivel and dry without losing their scent, and are then safe to put among your clothes.

Sprinkle your underclothing with a few drops of some liquid perfume and spray the hem and bodice of your dress before putting it on; this will cause a subdued and thoroughly refined odor to become perceptible without its degenerating into anything offensive.

Most women prefer violet but that perfume is, above all others, the hardest to keep in its original state; its fragrance is so delicate that in a few hours it becomes stale and unattractive. With heliotrope it is different for, mixed with orris root, the violet scent is well imitated and is far more lasting—in fact, orris root has a preserving effect on most sachets, and should always be mixed with them.

A cut lemon placed upon a wash-stand diffuses a slight and pleasant scent throughout the apartment, while a few drops squeezed into the water when washing produces the same sort of effect as toilet vinegar.

Sweet clover, picked when in blossom, gives a fresh and dainty odor to clothes among which it is placed; so do rose petals and geranium leaves, dried, give a pleasing fragrance.

Some Economical Perfumes—Take essence of bergamot 1 ounce, spirits of wine 1 pint; shake well.

Or, otto of sandalwood 1 ounce, spirits of wine 1 pint.

Or, oil of lavender 4 drachms, oil of bergamot 4 drachms, oil of cloves 1 drachm, spirits of wine 1 pint.

Or, oil of lavender 4 drachms, oil of bergamot 4 drachms, oil of cloves 1 drachm, spirits of wine 1 pint.

Or, oil of lemon-grass 2 drachms, essence of lemon 4 drachms, spirits of wine 1 pint.

Or, oil of petit-grain 2 drachms, oil of orange peel 4 drachms, spirits of wine 1 pint.

Filter them through paper and add a little magnesia to make them look bright.

Lily of the Valley—Extract of tuberose 8 ounces, extract of orange flowers 8 ounces, extract of white rose 8 ounces, extract of vanilla 1 ounce.

Sweet Pea—Essence of tuberose 5 ounces, essence of orange flowers 5 ounces, essence of roses 5 ounces, tincture of tonka beans 2 ounces.

Clove Pink—Essence of roses 9 ounces, essence of orange flowers $4\frac{1}{2}$ ounces, tincture of vanilla $3\frac{1}{2}$ ounces, oil of cloves 100 drops; a pungent and delightful perfume.

Gaspard's Cologne—Tincture of benzoin 6 drachms, tincture of lemon peel 1 drachm, essence of bergamot 4 drachms, essence of citron 4 drachms, oil of rosemary 15 drops, oil of lavender 15 drops.—[*King's Anal.*]

Farrand's Cologne—Cologne spirits 1 pint, extract of vanilla 40 drops, oil of bergamot 1 drachm, oil of lemon 1 drachm, oil of neroli 1 drachm; mix and shake thoroughly; then add $1\frac{1}{2}$ pints of soft water and again agitate.—[*Perf. Jour.*]

Dillon's Cologne—Deodorized alcohol 1 gallon, ambergris 1 drachm, otto of roses 1 drachm, oil of cedrat 2 drachms, oil of neroli 2 drachms, oil of lavender 1 ounce; let stand three weeks.—[*Drug. Cir.*]

Tarrant's Cologne—Deodorized alcohol 2 quarts, oil of bergamot 1 drachm, oil of lavender 1 drachm, oil of cinnamon 8 drops, oil of cloves 15 drops, otto of roses 15 drops, oil of rosemary 2 drachms, oil of lemon 2 drachms; agitate two or three times a day for a week and filter through paper.—[*Dick's Encyc.*]

Prince of Wales Cologne—Deodorized alcohol 2 quarts, tincture of musk 2 drachms, tincture of benzoin 12 drachms, oil of jessamine 2 drachms, oil of bergamot 1 ounce, oil of lavender 1 drachm, oil of neroli 1 drachm, oil of cinnamon 5 drops, rose water 1 pint; agitate several days and filter.—[*Era Anal.*]

Jockey Club Cologne—Spirits of wine 3 quarts, balsam of peru 4 drachms, essence of cloves 4 drachms, essence of musk 1 ounce, essence of bergamot 1 ounce, essence of neroli 2 drachms, orange-flower water 1 pint; agitate five days and filter.—[*Drug. Cir.*]

Ladies' Own Cologne—Spirits of wine 2 quarts, essence of bergamot 1 drachm, essence of neroli 1 drachm, essence of thyme 2 drachms, essence of vanilla 2 drachms, otto of roses 10 drops, orange-flower water 3 ounces; agitate three days and filter.—[*Tilden.*]

Old Maid's Delight Cologne—Spirits of wine 1 pint, ambergris 2 drachms, civet 2 drachms, camphor 4 drachms, oil of lavender 6 drachms, oil of bergamot 6 drachms; agitate 10 days and filter.—[*Ladies' Jour.*]

Upper Ten Cologne—Spirits of wine 2 quarts, essence of cedrat 1 drachm, essence of violets 1 drachm, essence of neroli 2 drachms, oil of neroli 2 drachms, oil of bergamot 2 drachms, orange-flower water 4 drachms, oil of rosemary 15 drops, otto of roses 10 drops; agitate ten days before filtering.—[*Psyche.*]

Kiss Me Quick Cologne—Spirits of wine 2 quarts, calamus root 2 drachms, essence of balm-mint 2 drachms, essence of neroli 2 drachms, petals of roses (fresh) 2 ounces, essence of jessamine 4 drachms, orange-flower water 1 ounce, essence of thyme 1 drachm,

oil of lemon 10 drops, otto of roses 15 drops; agitate occasionally during ten days and filter.—[*Perf. Jour.*

Phalon's Cologne—Cologne spirits 13 ounces, extract of white rose 2 ounces, extract of ylang-ylang 1 ounce, oil of caraway 3 drops, oil of jessamine 2 drachms, oil of musk 10 drops, oil of neroli 20 drops, otto of roses 15 drops, rose water 3 ounces, agitate 15 days and filter.—[*Home Jour.*

Dr. Mill's Cologne—Tonka musk 1 grain, tincture of orris root 2 fluid ounces, oil of bergamot 4 fluid drachms, oil of cassia 6 drops, otto of roses 6 drops, enough deodorized alcohol to make 1 pint in all; agitate ten days and filter.—[*King's Anal.*

Piesse's Formula for Lilac Water—Extract of tuberose 1 pint, extract of orange flowers 3 ounces, oil of bitter almonds 3 drops, extract of civet 4 drachms.

Cherry-Laurel Water—Bruise 1 ounce of bay leaves, add to them $\frac{1}{2}$ pint of water and steep slowly for 1 hour in a double boiler; take from the fire and add 1 quart of lavender water, filter, and bottle for use.

A Cheap Rose Water—Carbonate of magnesia 2 drachms, otto of roses 2 ounces, soft water 5 gallons; mix the magnesia and otto thoroughly and then add the water.

Lapelle's Rose Water—White sugar 40 grains, otto of roses 44 drops, soft water 1 gallon; rub the first two together in a bowl for a few minutes, then add the water, agitate occasionally for two days, and strain twice through linen.—[*Era Anal.*

Official Rose Water—Pale roses 24 troy ounces, water 8 pints; distil to 4 pints.

Otto of Roses—Deodorized alcohol 1 pint, cabbage-rose petals 2 ounces; put the petals and alcohol in a bottle without pressure, close tightly, and allow to stand four weeks.

Domestic Otto of Roses—Roses just barely opened 6 ounces, fresh olive oil 5 ounces; beat them together in a large bowl, let stand a few days, and then express the oil gently with the fingers.

Barclay's Otto of Roses—Olive oil 1 pound, oil of rosemary 25 drops, otto of roses 50 drops; mix well.—[*Ring's Mag.*

White Rose Toilet Water—Triple extract of white rose 1 ounce, oil of rose 3 drops, oil of rose geranium 3 drops, cologne spirits 26 ounces, hot water 6 ounces.

Carnation Pink Water—Oil of rose geranium 1 ounce, extract of carnation pink 4 drachms, deodorized alcohol 15 ounces.

"Upper Ten" Lavender Water—Oil of lavender 1 fluid ounce, deodorized alcohol 8 fluid ounces, rose water 3 fluid ounces, carbonate of magnesia 80 grains.

Royal Lavender Water—Best rectified spirits of wine 1 pint, oil of lavender 1 ounce, ambergris 1 drachm, oil of bergamot 1 drachm.

King's "Best" Lavender Water—Oil of lavender 4 ounces, rose water 1 pint, deodorized alcohol 6 pints, calcium phosphate 1 ounce.

Delicious Lavender Water—Spirits of wine 1 pint, essential oil of lavender 1 ounce, ambergris 2 drachms; shake long and well.

Home Lavender Water—Put $\frac{1}{2}$ pound of fresh lavender leaves into a double boiler, pour over them $\frac{1}{2}$ pint of soft water, cover and simmer slowly 1 hour; remove from the fire and cool; then add $1\frac{1}{2}$ pints of alcohol, strain twice and put in glass-stoppered bottles for use.

Heliotrope Water—Triple extract of heliotrope 1 ounce, oil of bergamot 2 ounces, oil of neroli 1 drachm, oil of cloves 30 drops, deodorized alcohol 8 ounces.

Baker's Florida Water—Deodorized alcohol 2 quarts, tincture of benzoin 1 ounce, oil of bergamot 12 drachms, oil of cinnamon 2 drachms; let stand 5 days and filter.—[*Dick's Encyc.*]

Sea Beach Florida Water—Deodorized alcohol 1 gallon, essence of lemon 12 drachms, oil of lavender 2 ounces, oil of lemon-grass 4 drachms, oil of cloves 1 ounce, distilled water 1 quart.

Dr. Henry's Honey Water—Rectified spirits of wine 3 pints, white honey 8 ounces, fresh lemon peel 1 ounce, nutmeg 1 ounce, gum benzoin 1 ounce, storax 1 ounce, cloves 6 drachms, orange-flower water 4 ounces, rose water 4 ounces; digest for a few days and filter.—[*Carter's Anal.*]

Clark's Anise Water—Oil of anise 1 fluid drachm, carbonate of magnesia 120 grains, distilled water 2 quarts; rub the magnesia and oil together thoroughly, then add the water very gradually and slowly, and filter.

Pennington's Camphor Water—Alcohol 40 drops, camphor 2 drachms, carbonate of magnesia 4 drachms, distilled water 1 quart; rub the camphor and alcohol together thoroughly, add the magnesia, rub again, and then gradually add the water; filter through paper.

Cinnamon Water—Oil of cinnamon 1 drachm, carbonate of magnesia 2 drachms, distilled water 2 quarts; first rub the oil with the magnesia thoroughly, slowly add the water and filter.

Peppermint Water—Oil of peppermint 1 drachm, carbonate of magnesia 2 drachms, distilled water 2 quarts; treat as above.

Restor's Elder-flower Water—Deodorized alcohol 1 pint, fresh elder flowers 1 pound, soft water 1 pint; macerate four days; filter.

Home-made Elder-flower Water—Pluck the flowers and cut off the stalks quite close up to the blossoms and throw into an earthen jar; cover with water and heat just to the boiling point; let stand five or six hours, strain and bottle for use; if to be kept for any length of time, add a little alcohol to preserve it.

Extract of Rose Geranium—Cologne spirits 2 quarts, oil of rose geranium 12 drachms; mix, agitate five days and filter.

Extract of Chamomile—Deodorized alcohol 1 pint, newly gathered chamomile flowers 2 ounces, fresh olive oil 2 drachms;

let the alcohol and flowers stand together 20 days, then pour off the liquid and add the oil.

Extract of Patchouly—Best odorless spirits 1 gallon, oil of patchouly 10 drachms, otto of roses 2 drachms; mix, allow to stand ten days, agitating occasionally, and filter.

Mrs. Gray's Extract of Patchouly—Extract of musk 8 ounces, extract of orris root 8 ounces, extract of styrax 2 drachms, oil of patchouly 2 drachms, extract of vanilla 4 ounces, oil of yellow saunders 40 drops, otto of roses 40 drops; let stand ten days and filter.—[*Ladies' Nat. Mag.*]

Extract of Violets—Cologne spirits 1 quart, imported violet pomade 1 pound; agitate frequently for twelve hours over a water bath, the two united in a securely closed vessel; after cooling, open it and decant carefully.

Extract of Orange—Cologne spirits 1 quart, imported orange pomade 1 pound; treat same as foregoing.

Extract of Jessamine—Cologne spirits 1 quart, imported jessamine pomade 1 pound; treat as above.

Essence of Cinnamon—Alcohol 15 ounces, oil of cinnamon 1 ounce.

Essence of Anise—Rectified spirits 4 ounces, oil of anise 1 ounce.

Essence of Peppermint—Stronger alcohol 15 ounces, oil of peppermint 1 ounce, coarsely powdered peppermint leaves 2 drachms; dissolve the oil in the alcohol, add the powdered leaves, macerate for a day, and filter.

Essence of Wintergreen—Rectified spirits 4 pints, oil of wintergreen 1 ounce, distilled water 13 ounces; dissolve the oil in the spirits and add the water slowly.

Essence of Patchouly—Rectified spirits 1 gallon, otto of roses 2 drachms, otto of patchouly $1\frac{1}{4}$ ounces; filter when dissolved.

Essence of Roses—Take 95% alcohol 1 pint, pure otto of roses $1\frac{1}{4}$ troy drachms; place the bottle in a vessel of warm water until its contents reaches 85 degrees, then close it tightly, and agitate smartly until cold.

Essence of Ambergris—Deodorized alcohol 1 pint, pure ambergris 2 drachms, musk 16 grains; digest ten days and filter.

Essence of Rosemary—Rectified spirits 49 ounces, oil of rosemary 1 ounce; dissolve and filter.

Essence of Orange—Strongest alcohol 15 ounces, oil of sweet oranges 1 ounce; mix thoroughly and filter.

Essence of Lemon—Strongest alcohol 1 quart, oil of lemon 2 ounces, freshly grated lemon peel 1 troy ounce; dissolve the oil in the alcohol, add the lemon peel, macerate for a day and filter.

Essence of Nutmeg—Rectified spirits 49 ounces, volatile oil of nutmeg 1 ounce; dissolve well and filter.

Essence of Frangipanni—Rectified spirits 4 ounces, essence of roylae 3 drachms, oil of neroli 2 drachms, powdered civet 10

grains, oil of lavender 6 drops, oil of neroli 6 drops, oil of rhodium 6 drops; digest a week and decant.

Essence of Rondeletia—Rectified spirits 12 ounces, oil of lavender 6 drachms, oil of cloves 5 drachms, oil of bergamot 4 drachms, essence of ambergris 30 drops, essence of musk 30 drops; agitate ten days and filter.

Essence of Musk—Grain musk 6 drachms, 95% rectified spirits 1 quart, essence of ambergris 2 ounces; let stand in a warm place 15 days and filter.

To Extract Essence from any Flower—Use any flower you choose; place a layer in a clean earthen pot, and over them a layer of fine salt; repeat the process until the pot is filled, cover closely, and place in the cellar; 40 days afterward strain the essence carefully through crape by pressure; put the essence thus expressed in a clean bottle, and expose for six weeks in the rays of the sun and evening dew to purify. One drop of this essence will communicate its odor to a pint of soft water.

Eau de Boquet—Rectified spirits 3 pints, eau de rose 1 pint; and by fluid measure—oil of verbena 1 drachm, oil of lavender 1 drachm, oil of jessamine 2 drachms, oil of bergamot 2 drachms, orange-flower water 2 ounces, essence of violets 2 ounces, spirits of rosemary 2 ounces; mix. A delightful perfume.

Eau de Marechale—Rectified spirits 1 quart, orange-flower water 1 pint, essence of violets 2 fluid ounces, oil of bergamot 4 av. drachms, oil of cloves 4 av. drachms.

Carter's Thousand Flowers—Cologne spirits 5 gallons, oil of neroli 4 ounces, oil of rosemary 2 ounces, oil of bergamot 2 ounces, oil of orange 5 ounces, oil of citron 5 ounces; agitate a few days and filter.—[*King's Anal.*]

March's Balm of a Thousand Flowers—Deodorized alcohol 1 quart, very finely shaved white bar soap 8 ounces, oil of citronella 2 drachms, oil of neroli 1 drachm, oil of rosemary 1 drachm; let the alcohol and soap stand together in a warm place until thoroughly dissolved, then add the oils and filter.—[*Tilden's Form.*]

Artificial Musk—Concentrated nitric acid 7 ounces, rectified oil of amber 2 ounces; unite the acid drop by drop to the oil and allow it to stand for a day; then wash it first with cold water and then with warm, repeating alternately until all the acid is removed; don't inhale the fumes.

Reitz's Extract of Musk—Best spirits of wine 3 quarts, musk 3 ounces, civet 80 grains, red rose-buds 4 drachms; reduce the musk to powder with loaf sugar, mix well, and allow it to stand 20 days and then filter.—[*West. Drug.*]

Queen Sachet Powder—Powdered Florentine orris 8 ounces, powdered air-dried rose petals 10 ounces, powdered musk 20 grains, powdered lavender flowers 2 ounces, civet 10 grains; always keep well corked until ready to use.

Harter's Sachet Powder—Dried rose petals 4 ounces, cloves

2 ounces, allspice 2 ounces, gum benzoin 2 ounces, essence of musk 1 ounce, essence of bergamot 4 drachms, oil of lavender 4 drachms, oil of cloves 160 drops, oil of cassia 160 drops, oil of roses 80 drops, enough Jamaica pepper to make 24 ounces in all; powder all the solids, mix, and allow it to stand in a closely corked bottle for at least ten days.—[*Jour. of Pharm.*]

Henderson's Sachet Powder—Lavender flowers 2 ounces, orris root 4 drachms, rosemary leaves 1 ounce, musk 10 grains, otto of roses 10 drops; pulverize all the solids, mix, and allow it to stand two or three days well corked.—[*King's Anal.*]

London Sachet Powder—Orris root 16 ounces, lemon peel 2 drachms, gum acacia 2 drachms, musk 20 grains; powder all finely, mix, bottle for ten days, sift out all coarse particles, and you will have the genuine article; keep well corked.

Sunny South Sachet Powder—Ground red-rose petals 12 ounces, ground sandalwood 3 ounces, oil of roses 1 drachm, oil of rose geranium 1 drachm; allow it to stand two weeks.

Benton's Sachet Powder—Ground lavender flowers 12 ounces, powdered benzoin 3 ounces, oil of lavender 2 drachms; allow it to stand ten days in a bottle well corked.—[*King's Anal.*]

Cassia Sachet Powder—Cassia-flower heads and orris root in equal parts, well powdered.

Violet Sachet Powder—Powdered orris root 3 pounds, oil of rhodium 12 drops, loaf sugar (in lump) 1 drachm; drop the oil on the sugar, grind well in a mortar, and add the root.

Frangipanni Sachet Powder—Civet 6 drops, orange flowers 12 ounces, reindeer moss 12 ounces, tincture of ambergris 1 drachm; powder all, bottle and let stand ten days.

Marechale's Sachet Powder—Cloves 4 drachms, orris root 3 drachms, starch 6 ounces, essence of ambergris 10 drops; pulverize the solids, mix all, and bottle for one week.

Ullrich's Scent Package—Camphor, cloves, caraway seeds, cinnamon, mace and nutmeg of each 1 ounce, orris root 2 ounces; pulverize all finely, mix, and put into small bags made of very fine muslin.—[*Drug. Cir.*]

Lavender Scent Package—Ground caraway seeds and ground cloves of each 2 drachms, lavender flowers (free from stems) 6 ounces, dried mint 4 drachms, dried thyme 4 drachms, well-dried common table salt 1 ounce; mix and treat as foregoing.

Gatland's Heliotrope Powder—Orris root 8 ounces, dried rose petals 4 ounces, tonka beans 2 ounces, vanilla beans 1 ounce, musk 30 grains, oil of bitter almonds 2 drops; powder all finely and sift; put up in form of sachets.

Bach's Powder Perfume—Calamus root, coriander, orris root and dried rose petals of each 2 ounces, dried lavender flowers 4 ounces, musk 1 scruple, sandalwood 1 drachm.

Dupree's Glove Perfume—Deodorized alcohol 2 ounces, essence of musk 5 drops, oil of lavender 20 drops, oil of neroli 10 drops, otto of roses 3 drops.

Fumigating Pastilles—Balsam of tolu 4 drachms, yellow saunderswood 4 drachms, willow charcoal 6 ounces, cinnamon water 12 drachms, gum arabic 2 drachms, saltpetre 2 drachms, gum benzoin 2 ounces, labdanum 1 drachm, gum tragacanth 1 drachm; powder all the solids very finely, mix, and heat to a smooth, ductile mass with the water; then pour into small cones with a flat base; first dry in air and then in a stove at a very low heat.

Pastilles a la Rose—Charcoal 3 pounds, gum galbanum 12 ounces, olibanum in tears 12 ounces, storax 12 ounces, saltpetre 8 ounces, purest orange powder 12 ounces, oil of neroli 1 ounce; make as above.

Fumigating Powder—Finely powdered charcoal 2 ounces, liquid tar 1 ounce; mix in an earthen vessel; burn a few grains upon a heated shovel or some coals.

Cologne Disinfectant—Carbolic acid 1 ounce, hydrate of chloral 1 ounce, spirits of lavender 1 ounce. Makes an agreeable perfume as well as an excellent disinfectant for a sick-room; use with an atomizer.

Bay Rum—French proof spirits 1 gallon, extract of bay 6 ounces, caramel to color; needs no filtering.

Terry's Bay Rum—Cologne spirits 2 quarts, oil of bay 1 drachm, oil of lemon 30 drops; let stand three days before using.

Florida Bay Rum—Diluted alcohol 4 pints, oil of bay 1 fluid drachm, enough burnt sugar to color; mix the first two and let stand eight days; then add the sugar and filter.

Havana Bay Rum—Myrtus acris leaves 4 pounds, rum 18 quarts, cardamom 1 pound, cassia 4 ounces, cloves 3 ounces; distil to 3 gallons.

Marchant's Bay Rum—Alcohol 3 gallons, oil of bay 10 fluid drachms, oil of pimento 1 fluid drachm, acetic ether 2 fluid ounces, soft water 10 quarts; mix and let stand two weeks.

Gilchrist's Bay Rum—Alcohol 3 ounces, proof spirits 2 ounces, tincture of ammonia 1 drachm, oil of bay 25 drops, carbonate of magnesia a small quantity, enough distilled water to fill up a pint bottle; let stand two weeks.

Home-made Bay Rum—Oil of bay 4 drachms, oil of orange-peel 15 drops, oil of pimento 15 drops, alcohol 39 ounces, enough soft water to make 64 fluid ounces in all; mix and allow it to stand ten days; then filter; use on the hair after shampooing.

Enfleurage—By a process known as "enfleurage," which is the exposure of tallow to fresh flowers in close boxes until it is thoroughly permeated and charged with their odors, the perfumes of six flowers may be obtained—violet, jessamine, tuberose, rose, orange and cassia (cinnamon-flower). From these six there are fifty or more combinations made for the simulation of odors of other flowers. Thus—sweet pea is made by combining the jessamine and orange-flower; hyacinth is counterfeited by jessamine and tuberose; lily of the valley by violet and tuberose; and so on.

Perfume Jars—Rose petals may be prepared in several ways for the jar. The petals alone are very fragrant. They may be put in a jar, the cover left off, and stirred frequently until dry; then sprinkle with salt, put the cover on, and when you raise the cover the fragrance is delightful.

Another simple method is to sprinkle the petals with salt, cinnamon, cloves and powdered orris root; arrange in layers like this until the jar is filled, without stirring. The odor obtained in this way is most refreshing and spicy.

Or, from day to day add other flower petals from your garden, and all the sweet dry herbs you can get; once a week for a month while filling it up add 10 drops of some perfume, varying it from rose geranium to bergamot, lavender, pink and other sweet scents, stir daily and allow the jar to remain uncovered when you wish to perfume the room.

Or, take a small fruit jar, decorate it, fill it with absorbent cotton and saturate the cotton with oil of geranium; open three times a day and shake the jar slightly.

PALMISTRY

MUCH amusement is open to persons who know enough about what is called Palmistry to give a fairly good reading of the hand. The study is very interesting, and the readings entertaining to others. Eager youth flock around the oracle with hopeful expectancy; skeptic and conservative maturity smile and scoff—but whatever may be the differences of opinion regarding it, certain peculiarities in the form and markings of the hand apparently correspond to similar temperaments and traits of character. One writer puts it thus:

“Medical science has demonstrated that there are more nerves between the hand and the brain than in any other part of the system. With this constant and intimate connection, must not the hand give evidence of the greater development of those nerves and cells which most frequently demand its instrumentality in carrying out the directions of the brain?”

Elementary Hand—This is the lowest type of hand, and is distinguished by its large, broad palm, thick and coarse, with short, clumsy fingers and thumb. The inside shows few lines, indicating that the subject does not respond easily to impressions. The thumb being short, there is little control of the passions; such people have ungovernable tempers and are not courageous or clever, as a rule, but possess the cunning of instinct, not reason.

Square Hand—Square at the wrist and at the base of the fingers, these also being square at the tip. People having such hands are orderly, punctual and precise, because it is their nature to conform to custom and habit. Their reasoning faculties are strong, while instinct and imagination are weak. Such persons are eminently practical, excelling in mathematics and the exact sciences; they succeed as engineers, architects, mechanics and in the commercial pursuits. With a typically square hand, the individual will have little enthusiasm for art or poetry, nor will he be able to adapt himself to people, and, though lacking versatility and originality, he nevertheless often out-distances his more brilliant rivals with the artistic hands through sheer determination and application. His greatest fault is, that he is apt to be hide-bound in respect to traditional opinions.

Spatulate Hand—This hand, flat and broad, is one of action, energy and independence; the palm is unusually broad at the wrist and base of fingers, the fingers in the pure type being flat and broad at the tips, or clubbed (thumb, Fig. 1). Its most striking

characteristic is originality and independence of spirit, which causes the owner to strike out for himself in whatever field he has chosen. It belongs to navigators, explorers, discoverers and inventive engineers and mechanics. Being of marked individuality, they are the advance agents of thought and are often ahead of their times and sometimes termed "cranks."

Hand of Thought—Long and angular, with bony fingers, knotty joints and long nails (finger 3, Fig. 1). Such people are students by nature, but often choose peculiar subjects, reveling in the mysterious. They are deep students of humanity and of all the mysteries of life. In the pure type they are not commercial, but love knowledge for its own sake and the power it gives. If they paint or preach, they choose mystic subjects, and if poetic, they avoid the dramatic struggle and vividly colored phases of life, preferring to give expression to the misty moods of a subtle imagination wherein materialism plays no part. Jesuits and Brahmin priests and occultists belong to this type. They are silent and secretive, think deeply and are much occupied with details. Individuals with this hand are proud to be different from others, and are inclined to think they are in a class by themselves, egotistical, are long in forgetting an injury, are patient, await their opportunities and make good use of them. The extreme type is apt to be fanatical in religious matters.

Artistic Hand—This is of medium size and one of the most graceful of all. The palm tapers slightly; the fingers (little finger, Fig. 1) are usually full at the base and taper, having round tips, which are fuller than the next type, the Psychic (index finger, Fig. 1), with which it must not be confused. People with such hands are impressionable, impetuous, generous and emotional. They appear to best advantage in company, are quick to grasp new ideas and make good conversationalists, but, alas! are more or less superficial; they arrive at conclusions more by instinct and impulse than reasoning. This type is much influenced by people and surroundings, changeable in affections and friendships, and carry their likes and dislikes to extremes. They are quick-tempered, but do not harbor ill-feeling; are impetuous and speak their mind without counting the cost. Generous and sympathetic as a rule, regardless in money matters, but often selfish where personal comfort is concerned; such persons respond quickly to sympathetic influences, and to beauty, music, eloquence, tears, joy or sorrow. When soft, this hand indicates indolence and love of luxury; but a hard palm gives energy and firmness of will and suits the subject for a public life requiring emotional intensity. Such make good actors, singers, orators, etc. This type, usually lacking in deep thought and application, reach by enthusiasm and inspiration what others gain through study and logic.

Psychic Hand—This type has the most beautiful contours of all, but is not to be coveted, as it shows utter lack of equipment



FIGURE I



FIGURE II

for the practical needs of life. The hands are long, narrow, fragile, with smooth, extremely pointed fingers (index finger, Fig. 1). Such characters possess a love of the beautiful, are gentle in manner and quiet in temper, but are too confiding and easily swayed by the opinions of others. They are deficient in logic and an appreciation of the practical. Being poor in reasoning power, they have intuition very highly developed, as a rule. It also leans toward religion and accepts its creed without question.

The Mixed Hand—This is so designated because the palm does not come under any of the preceding types and the fingers usually belong to different types—one may be pointed, another square, another conical, etc. The characteristics are as numerous as the types which compose it. This is the hand of prolific ideas, indicating versatility and changeability of purpose. Such a person is adaptable and clever, but inclined to be erratic. He will be a brilliant conversationalist and may have skill in several arts, but, lacking concentration of purpose, rarely reaches a high degree of development in any, unless the hand is firm, the thumb long and a strong head line rules, when he may choose his best talent and make all others subservient to it. So adaptable are the owners of the mixed hand that the ups and downs of fortune have little effect upon them—and being of a restless nature and disposition, they do not remain long in one place. At one time such an individual will decide to devote himself to epic poetry, but in the interval finds there is more money to be gotten out of a new patent nutmeg-grater. However, should the palm belong to any of the regular types, these characteristics will be modified.

Mount of Venus—At the base of the thumb (Fig. 2). If this fleshy cushion or mount is well developed it indicates robust health, a full nature, grace, love of the beautiful. Persons with this mount well developed have an innate desire to please, and possess benevolence, sympathy and tenderness. Its excess is unfavorable in a weak hand, indicating coquetry, vanity, sensuality and idleness. A small one is a sign of low vitality, selfishness and little emotion.

Mount of Jupiter—At the base of the first finger; a mark of ambition, pride, gaiety, enthusiasm and a cheerful temperament; also indicates religious instinct and domesticity. Its excess tends toward superstition, extreme pride and love for power in itself. Its absence indicates indolence, egotism, lack of reverence and lack of dignity.

Mount of Saturn—This mount denotes prudence, patience, love of solitude and a proneness to solemn things. In excess, it causes sadness, taciturnity and dread of the after life. Its absence signifies an insignificant life.

Mount of the Sun—At the base of the third finger; imparts an enthusiastic appreciation of all things beautiful, whether one follows an artistic calling or not. In the artistic hand it suits the

individual for art, literature and all work demanding imagination. Its excess indicates love of show, extravagance and a disposition to fulfill ambition at whatever cost. Its absence implies a purely material existence.

Mount of Mercury—This denotes all the mercurial qualities of mind and body, love of activity, change, travel, quickness of thought, expression and action, and gives a taste for commercial life and mental labor. In excess, this mount marks a tendency to dishonest dealings and falsehood. Its absence indicates that there is no aptitude for mental work, a negative existence, unless the other mounts possess qualities to make up for its omission.

Mount of Mars—This mount, just below Mercury, implies active courage, ardor, coolness in danger; when very large, quarrelsomeness, tyranny and revenge are indicated. Its absence signifies cowardice and want of self-command. There is a second Mount of Mars between Jupiter and Venus, which denotes passive courage and strength of resistance against wrong.

Mount of the Moon—This is dedicated to imagination, and imparts refinement, imagination, a taste for the romantic, great ideality and a fondness for imaginative literature and poetry. In excess it gives morbid melancholy, fantastic imagination and superstition. The hand without this mount belongs to a matter-of-fact, literal character, without finesse of thought or appreciation for romance or poetry.

CHIROMANCY

THE left hand is the hand we are born with—the right is the hand we make; the natural, hereditary tendencies are shown in the left hand—the effect of training, circumstances and our own wills is shown in the right. The lines in the right hand change as the character develops and as we more and more master fate. More people are interested in what the future holds in store for them than in the delineation of their character as revealed by the shape and mounts of the hand, and the palmist must bear well in mind, in divining the things which are likely to come to pass, that acts are the results of character under certain conditions; consequently the reader must keep in mind the type of hand she is scanning, as the lines assume different values according as the individual possesses the elementary, square, spatulate, thoughtful, artistic, psychic or mixed type of hand, as explained on preceding pages.

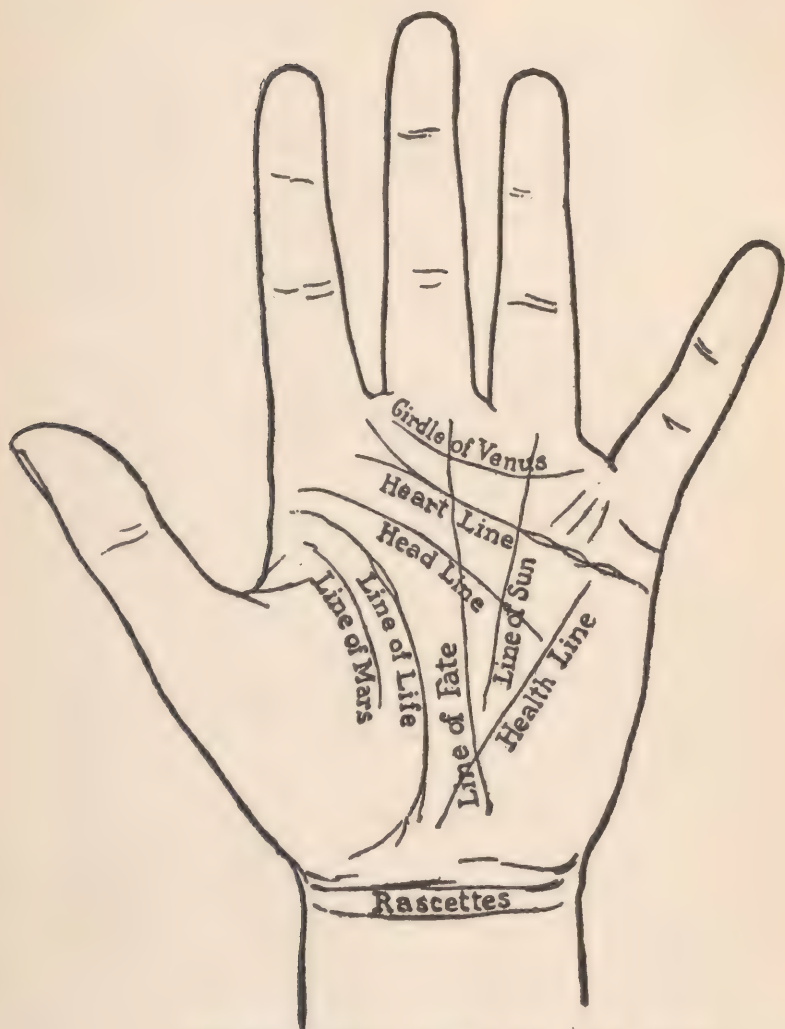
Line of Life—The line of life is the most important one of the entire hand. It is upon this which are recorded the great events and vital changes; sickness, death, etc., are all recorded here. When long, deep, regular and without breaks, it promises health, long life and freedom from fatalities. If the life line comes well out into the center of the hand, allowing a good space to the Mount of Venus, robust health and vitality are indicated. A life line rising on Jupiter partakes of the character of that mount, and indicates a life filled with ambition; when connected with the head line, life will be guided by reason, but overcaution and sensitiveness are shown. A medium space between the head and life lines imparts greater freedom of thought and action, self-confidence; if the space is abnormally wide, there will be too much self-confidence and a tendency to do foolhardy things. A long life line indicates an excellent natural constitution. A double life line, or the line of Mars, indicates greater vitality and counteracts any break or island in the life line, as long as it accompanies it. If exaggerated, being extremely broad, deep and red, the excess of vitality will make the possessor quarrelsome and passionate.

Line of Head—This line is the measure of mentality. When straight, long and clear, it indicates intellect, good judgment and will-power to overcome obstacles. If overdeveloped and extending across the hand to Mars, high mental ability is indicated, but so much in interest of self as to verge on avarice, unless counteracted by a strong heart line. When forked at the outer end, the

owner will be able to see both sides of a question and will be diplomatic. If this line rises on Jupiter, the necessary ingredients to high success, talent, energy, determination and ambition are present. Persons so endowed manage others without the appearance of managing, being tactful and just. If closely connected with the life line, it shows a nervous, sensitive temperament, lacking in self-confidence. When the head line is straight, clear and even, the subject will possess practical common sense, but will prefer the material in life rather than the spiritual. On the contrary, if it slopes there is a tendency toward imaginative work, the special kind being determined by the type of hand—whether toward music, painting, literature or mechanical invention. When it slopes so much that it terminates on the Mount of the Moon, and it is forked, it promises literary talent of an imaginative order. When the head line appears to be composed of links, want of fixity of ideas and a vacillating will are indicated; a break means an error in judgment or an accident to the head; islands intimate danger from brain disease.

Line of Heart—Like other lines, this is much influenced by its position. The higher up on Jupiter it rises, the more ideal the affections. It reaches its zenith in this respect when the beginning is on the center of the mount; this indicates that the possessor is capable of the highest type of love, stanch and unchangeable. Such a man or woman has the strength and courage to remain unmated unless they realize their high conception of a life mate; they demand character and remoteness from the ordinary, and none other can take the place. Beginning higher up on Jupiter, near the finger, it intensifies affection and supplies the beloved one with all the transcendent qualities of a proud imagination. Rising under Saturn, love affairs will be shallow, numerous, selfish and material rather than ideal. The happy medium is when the line rises between the first and second fingers, especially when it is forked, denoting enthusiastic, honest affection. A chained formation tells of fickleness or weak heart action; breaks denote disappointment or shocks. If the line of heart lies below and too close to the head line, the heart will always interfere with the affairs of the head, and when, on the contrary, it is high and the head line too close, the nature will almost always be found to be cold and calculating. Red spots in the heart line indicate liability to disease. When the heart line goes across the entire palm, the individual will have strong affections, but much jealousy.

Line of Fate—This line relates to all worldly affairs; to success or failure; to outside influences and obstructions. If it rises from the wrist and goes up straight to Saturn, it is a sign of good fortune and success; if it rises from the life line, success will come through personal efforts; from the Mount of the Moon that success, or lack of it, according to the depth and regularity of the line itself, arise from the influences or whim of others. If it is



THE PRINCIPAL LINES OF THE HAND

broken by the line of head or heart, the judgment or affections have interfered with one's fate or caused some change, which may be for better or worse, according as the line improves or gets more irregular after the break. If this line rises from the head or heart line, success, if met with at all, will be achieved later in life and be the result of struggle.

Line of the Sun—This is usually termed the line of brilliancy or success, and the type of hand will indicate whether the success will be in the arts and sciences or the accumulation of worldly wealth. On a hard, conic hand with a good head line, it promises success in artistic pursuits; with a sloping head line, it is more apt to denote brilliancy in poetry or pursuits requiring resourceful imagination. On the square hand, with large Mount of Mercury, success in business. Rising from the line of heart, it merely denotes an appreciation for things artistic without power to express it, unless the remainder of the hand is practical.

Line of Health—This line should lie straight down the hand—the straighter the better. If this line is strongly marked and if it runs into the line of life, their meeting point will indicate the time of a serious if not fatal illness. To be without this line is a sign of excellent health; its presence denotes some hidden weakness in the system. When rising from the heart line at Mercury, or running into the life line, weakness of the heart must be guarded against; when twisted and irregular, liver ailment must be combated; when formed in little straight pieces, be careful of the digestion; when it has little islands in it and the nails are long and narrow, look to the lungs and chest well; the same marks, with long, broad nails, indicate throat trouble.

Girdle of Venus—This is associated with natures that are highly strung, sensitive and intellectual, changeable in their moods and very easily offended; but these attributes are much modified when the semicircle is broken.

Modifications—When reading the palm of another person, bear in mind that a whole and clear line in one hand contradicts and corrects a broken line in the other; pale lines show want of good health, lack of energy and decision; red lines, the reverse; yellow lines, a bilious temperament; dark lines, melancholy; straight good-colored lines are generally favorable; very red lines also indicate a bad temper.

Rising branches are good, accentuating the power of a line.

A principal line which sends a secondary line to any of the mounts or other line will partake somewhat of the qualities of that mount or line. A branch toward the Moon attracts imagination any mysticism; toward Mercury, commerce or science; toward the Sun, art or desire for fame; toward Saturn, depth of thought, music, religion or melancholy; toward Jupiter, pride and ambition.

A star on the Mount of Jupiter signifies satisfied ambitions; on Saturn, violent death; on the Sun, riches and misfortunes; on

Mercury, business dishonor; on Mars, murder; on the Moon, hypocrisy and perfidy.

Circles or chained lines indicate weakness and changeability and are unfavorable signs in either sex.

Short lines running across a principal line mean obstacles; if they do not break the line the obstacle will be overcome.

The square is called the mark of preservation, and wards off any danger menaced by a cross, break or any other unfavorable development. On Jupiter, it protects from pride and extreme ambition; on Saturn, from fatality and melancholy; on the Sun, from foolish display and abnormal desire for fame; on Mercury, from restlessness and business disasters; on Mars, from danger through enemies; on the Moon, from superstition and excessive imagination, also from accident on the water and while traveling (cross lines on the Moon indicating journeys).

A cross indicates disappointment, opposition or danger—except on Jupiter, when it promises a happy marriage, other signs corroborating it.

When the plain of Mars is wrinkled, the person will delight in controversy or strife of some kind.

If the palm is covered with fine lines running in different directions, the person is nervous and sensitive to a marked degree; very smooth palms belong to the calm in spirit, who worry not.

A firm, hard hand indicates self-control; a soft hand, indifference and lack of energy.

The owner of a pale palm will take little interest in things outside of himself—he will be unsympathetic and egotistic; a yellow palm denotes a morbid, morose disposition; the red one, an ardent, high-spirited, quick-tempered individual.

Broad nails belong to gentle, nervous, bashful people; crooked nails are always an indication of pride, even to haughtiness.

Very long fingers belong to the artist, the designer; to those who plan better than they can execute.

Knotty fingers belong to the slow workers and thinkers; to reasoners and persons of orderly mind.

Red spots on the nails indicate the possessor to be of a very choleric temper and inclined to be quarrelsome.

Time is indicated on the life line and on the line of fate, beginning at the top of the former and at the lowest part of the latter, counting the middle of the palm to represent the 35th year.

A small, weak thumb indicates a weak will and lack of energy; when short, clumsy and thick, it denotes obstinacy and often coarse instincts, according as the balance of the mind is good or bad; a long, strong thumb always indicates great will power and force of character; a person with a large, well-balanced thumb will not be the plaything of emotion and is apt to possess decision and initiative. The set of the thumb away from the hand gives freedom of will and independence; if it stands away at right angles, the

subject is difficult to control and aggressive; if it lies too close to the hand, the person is overcautious, timid and lacking in independence.

Long-fingered people love detail, worry over little things, are exact in dress and occasionally given to affectation; a long first or nail phalange indicates strength of will; a long second phalange, logic and reason; a long palm, combined with long, soft fingers, is the hand of a natural thief; a short, thin, narrow palm indicates a person of subtle, inquiring mind, interested in all things intellectual.

Large hands give great attention to details, small hands to the general effect; small hands plan, large hands execute; a hollow, solid, well-knit hand shows a strong constitution and probable long life; the useful hand is short, broad, solid, with fingers of moderate length and square at the tips, and with a long, strong thumb.

Short fingers indicate an impulsive nature, will not be bothered with details, and are apt to be outspoken; stiff fingers, somewhat contracted, are marks of extreme caution, often of cowardice; when supple and turn back, an indication of a nature affable and charming; lean, bony fingers are searching, inquiring, often parsimonious; large fingers signify a powerful physical organization, associated with unrefined tastes.

The thumb which bends back easily personifies great adaptability, extravagance, brilliancy and versatility. The owner of such a thumb is at home in changing circumstances—in fact, is at home anywhere—is generous, sympathetic, sentimental, as a rule, improvident; generous to a fault; easily reached through their hearts, and it is difficult for them to pass a beggar on the street without contributing a mite.

The owner of a stiff thumb is practical, matter-of-fact, economical, exacting, and weighs everything carefully; possesses a strong will and is stubbornly determined; cautious, reserved and seldom impressionable or care to invite confidence; has a great power of accumulating by plodding; cannot make money as easily, nor the power of making as much, perhaps, as the more limber-thumbed person, but what they make they are generally able to hold; no extremist; enjoy a quiet life; seldom care to flaunt; not erratic, and prefer to stick to one thing.

The narrow nail belongs to the mischief-maker, to the person who delights in tale-bearing; pale or lead-colored nails indicate melancholy people; red nails denote one to be of luxurious tastes—often a glutton; round nails, a love of knowledge and liberal sentiment; nails growing into the flesh at the points and sides indicate luxurious tastes and desires.

Foretelling Your Own Fortune—Procure a fresh egg—as newly-laid as possible—and carefully separate the white from the yolk; nearly fill a tumbler with cold water and drop the white into it, a drop at a time; now place this glass carefully aside for

twenty-four hours, being sure to cover it carefully, and that the water does not become warmed by proximity to a radiator, etc.

When you again look at the glass, you will find that your white of egg has congealed into various odd-shaped figures—circles, squares, animals, trees, crosses, etc.—which are to be interpreted as follows:

Long, wavy lines denote losses and troubles; straight lines, on the contrary, denoting peace, long life, prosperity and happiness.

Squares denote peace and happiness; a ring, marriage. If a letter can be discovered near the ring, this will be the first letter of the name of the person you are to marry. If clouds are about the ring, think long and carefully before accepting this person, even if he offers marriage.

If a leaf is seen, speedy good fortune will come your way from some unexpected source.

If an anchor, fidelity in love is indicated.

If a dog is seen, it is a good sign if near the top of the glass, denoting faithful friends; but if near the middle, doubtful ones; and if near the bottom, enemies to be avoided.

A lily or similar flower foretells happiness if near the top of the glass, disappointment if near the bottom.

If a number of small dots or spots are present, money is coming your way, unless clouds surround them, in which case you will receive bad tidings and notice of losses.

The sun, moon or stars denote happiness and success.

A heart denotes a love letter which you will shortly receive.

BOOK TWO
MEDICAL

EXPLANATORY

THIS part of the book is not presumed to be a work on the science of medicine, but a collection of favorite prescriptions used by many of the most eminent medical practitioners of the day, and formulas (as revealed by chemical analysis) of many secret preparations that so largely fill the shelves of the drug stores throughout the country. To the latter class particular attention has been paid. Many a sufferer from some disease spends his money for a bottle of medicine, relying on the statement of the manufacturer, and receives no apparent benefit from its use—often an injury instead; if the patient only knew the constituent parts of the preparation, and their curative value in his individual case, its failure to do him any good would cause him no great surprise. For this reason it is believed this part of the work alone will be worth many times its price to every purchaser of it, and in every family. Again, many diseases are of too serious a nature for home treatment—the calling in of a competent physician imperative; therefore, prescriptions and formulas for such have been omitted. This has been done to add value to the book as it stands completed—a volume which, it is sincerely believed, can be consulted to advantage by many physicians.

Common names of the drugs instead of medical terms have been used, so that the general reader may readily comprehend.

The doses given are for adult persons—unless otherwise stated. Always bear this in mind.

W. H. K.

HEAD, THROAT AND LUNG TROUBLES

ALTHOUGH a cold is rarely directly fatal, yet it is the most productive source of incurable diseases known to the medical profession; at least one-third of the deaths in the United States are easily traced to the effect of a cold. Croup, bronchitis, asthma, catarrh, consumption, pleurisy, diphtheria, pneumonia, rheumatism, acute heart trouble, neuralgia, and paralysis are, in many instances, directly traceable to a cold; it is the most frequent, the most neglected ill of life. A person catches cold, the mucous membrane lining the pipes leading to the lungs become congested, and a watery mucus is formed which trickles down the pipes into the lungs, if it was not expelled at once by a cough. Cough is a safeguard against the accident of the discharges of a cold entering the lungs, where they would do great harm. Cough is the warning of a friend, not the attack of an enemy. Without cough the slightest cold would often produce death, as then nothing would prevent the mucus secretions from accumulating in the lungs. Cough is the act of ejecting an intruder from the breath pipe.

To stop a cough in any other way than to check the secretion is as foolish as it is harmful. The true cough medicine is the one that cures the congested membranes, and thus stops the discharges, when the cough will cease of its own accord. Anything that will prevent the formation of the irritating secretions will permanently cure a cough, but any cough medicine that simply quiets the cough will not only fail to be of any lasting benefit, but do great harm by lulling the sensitiveness of the nerves which ought to be constantly on the guard. The operation of a cough medicine that simply stops the cough without removing the cause, is much quicker—sometimes the first dose stopping it entirely; hence the temporary popularity of such harmful medicines.

There are thousands of cough preparations on the market. Fully one-half of the 50,000 druggists of the country put up a cough mixture of their own—good, bad and indifferent—and the quantity of these preparations daily swallowed is enormous; therefore, for this reason, considerable space is devoted to these ailments and preparations, and is made the leading feature of this division of the book.

We repeat—the doses given on all formulas are for adult persons, unless stated otherwise.

German Cough Syrup—Syrup of morphia 12 drachms, syrup of tar 14 drachms, chloroform 4 drachms, glycerine 1 ounce. Dose—Teaspoonful three or four times a day.

King's Cough Syrup—Honey 8 ounces, gin 8 ounces, oil of tar 4 drachms, balsam of fir 4 drachms. Dose—Twenty drops to a teaspoonful—according to age—when needed.—[*Dr. King's Presc.*

Mission Cough Syrup—Chloride of ammonium 2 drachms, chloroform 1 drachm, brown mixture 3 ounces. Dose—Teaspoonful three or four times a day.

Anderson's Cough Syrup—Syrup of wild cherry 6 drachms, camphor water 1 ounce, syrup of ipecac 2 drachms. Dose—Teaspoonful every two or three hours.

Dr. Clark's Cough Syrup—Wine of antimony 4 drachms, vinegar of squills 4 drachms, laudanum 3 drachms, oil of winter-green 20 drops, molasses 8 ounces. Dose—Teaspoonful every two or three hours.

Parker's Cough Syrup—Syrup of tolu, syrup of wild cherry, tincture of hyoscyamus, Hoffman's anodyne and water equal parts. Dose—Teaspoonful every two or three hours.—[*Drug. Jour.*

Dr. Gleason's Cough Syrup—Equal parts of tincture of black cohosh, tincture of blood-root, paregoric, syrup of ipecac, syrup of squills and syrup of tolu. Dose—One to two teaspoonfuls as required.—[*Era.*

Tilden's Cough Syrup—Fluid extract of seneca snakeroot 4 drachms, iodide of potassium 4 drachms, antimonial wine 1 ounce, syrup of tolu 3 ounces, water 7 ounces. Dose—Teaspoonful when occasion requires.—[*Med. Jour.*

Dr. Rood's Cough Syrup—Fluid extract of seneca snakeroot 6 drachms, fluid extract of squills 1 drachm, syrup of tolu 4 drachms, paregoric 4 drachms, carbonate of ammonia 40 grains, water 9 ounces. Dose—Teaspoonful when necessary.

Dr. Beard's Cough Syrup—Syrup of wild cherry 4 ounces, syrup of ipecac 10 drachms, tincture cinchona compound 18 drachms, deodorized laudanum 3 drachms. Dose—Teaspoonful as required.

Cady's Cough Syrup—Acetate of morphia 2 grains, almond emulsion 6 ounces, camphor mixture 6 ounces, mucilage of gum arabic 1 ounce; first dissolve the morphia in a little of the emulsion thoroughly, then add the others and stir well. Dose—Tablespoonful three or four times during the day.

Kenyon's Cough Syrup—Almond oil 4 drachms, solution of carbonate of potash 30 drops, syrup of tolu 1 ounce, syrup of poppies 1 ounce, water 6 ounces. Dose—Two tablespoonfuls two or three times a day, or whenever the cough is troublesome. In chronic bronchitis.

Saylor's Cough Syrup—Tincture of henbane 3 ounces, vinegar of squills 4 drachms, mucilage of gum arabic 5 ounces, syrup of orange peel 3 ounces, peppermint water 12 ounces. Dose—Tablespoonful four or five times a day, or at times when the cough is troublesome.—[*Dr. John Saylor*.]

Benton's Cough Syrup—One ounce each of fluid extract of skunk cabbage, lobelia, blood-root, pleurisy-root and black snake-root, and alcohol 3 pints. Dose—Two teaspoonfuls three or four times a day. Claimed to be especially good in spasmodic croup, coughs, asthma, etc., to promote expectoration and remove tightness of the chest.

Dr. Barto's Cough Syrup—Fluid extract of blood-root 4 ounces, fluid extract of squills 4 ounces, fluid extract of ipecac 4 ounces, balsam of tolu 3 ounces, paregoric 6 ounces, simple syrup 6 pints. Dose—Teaspoonful whenever cough is troublesome.

Dr. Martin's Cough Syrup—Fluid extract of seneca snake-root 2 drachms, fluid extract of ipecac 1 drachm, clarified honey 2 ounces, water 6 ounces. Dose—Teaspoonful three or four times a day.

Dr. Mitchell's Cough Syrup—Fluid extract of squills 4 drachms, fluid extract of lobelia 4 drachms, fluid extract of opium 4 drachms, diluted alcohol 12 ounces, simple syrup 16 ounces. Dose—Half a teaspoonful three or four times a day. Recommended in chronic coughs.

Dundore's Cough Syrup—Fluid extracts of comfrey, spike-nard, elecampane, blood-root, horehound and wild cherry bark of each 1 drachm, alcohol 10 drachms, simple syrup 8 ounces. Dose—One to two tablespoonfuls three times a day.

Dr. Greenlee's Cough Syrup—Fluid extract of stillingia 2 ounces, fluid extract of blood-root 2 ounces, fluid extract of wild cherry bark 2 ounces, balsam of tolu 12 drachms, simple syrup 2½ pints. Dose—One to two teaspoonfuls three or four times a day. Claimed to be especially useful in chronic bronchitis and catarrhal affections.—[*Jour. of Med. Science*.]

Dr. Conner's Cough Syrup—Chloride of ammonium 5 drachms, syrup of squills 4 ounces, ammonium iodide 3 drachms, glycerine 1 drachm, syrup of wild cherry bark enough to make 8 ounces in all. Dose—Teaspoonful every three hours in water until expectoration sets in freely.—[*Household Jour*.]

Rossback's Cough Syrup—Fluid extract of ipecac 1 ounce, chloroform 2 drachms, tincture of white pine 4 ounces, fluid extract of gelsemium 4 drachms, water 14 ounces, white sugar 28 ounces. Dose—Teaspoonful every two hours as may be required.

"The Best" Cough Syrup—Syrup of tolu 2 ounces, tincture of lobelia 1 ounce, elixir of paregoric 1 ounce. Dose—Teaspoonful three or four times a day.—[*"Everybody's Own Physician."*]

Cranmer's Cough Syrup—Syrup of squills 4 ounces, syrup of tolu 4 ounces, tincture of blood-root 12 drachms, camphorated tincture of opium 4 ounces. Dose—Teaspoonful every three hours.

Dr. Dale's Cough Syrup—Extract of licorice 1 ounce, cider vinegar 1 pint, sugar candy 2 ounces, spirits of wine 2 ounces. Dose—Tablespoonful three or four times a day, or oftener if necessary.

Dr. Wesley's Cough Syrup—Hyssop herb 1 ounce, rue herb 1 ounce, horehound herb 1 ounce, acid tincture of lobelia 3 ounces, essence of pennyroyal 1 drachm, essence of spearmint 2 drachms; boil the three herbs until the strength is fully extracted, strain, and add sugar and molasses; then boil again to a syrup, and when nearly cold add the tincture and essences. Dose—Teaspoonful when necessary.—[*East. Drug Jour.*]

Dr. Beach's Cough Syrup—Tincture of blood-root 4 ounces, balsam of tolu 4 ounces, tincture of lobelia 2 ounces, tincture of digitalis 2 ounces, laudanum 1 ounce, tincture of anise oil (one-half drachm anise oil to ounce of alcohol) 1 ounce. Dose—Half a teaspoonful three times a day in an equal quantity of honey, increasing to a teaspoonful if needed to loosen and lessen the cough.—[*Ladies' Home Mag.*]

Dr. Barnes' Cough Syrup—Elixir of paregoric 1 ounce, tartar emetic 8 grains, syrup of squills 4 drachms, gum arabic 4 drachms, solution of acetate of ammonia 8 ounces. Dose—Mix a teaspoonful of the syrup in sweetened water and take sufficient to produce a slight nausea.—[*Am. Farm Jour.*]

Hardee's Cough Syrup—Gum arabic 4 drachms, extract of licorice 4 drachms, molasses 1 ounce, syrup of squills 3 drachms, syrup of poppies 2 drachms; dissolve the first three in a little warm water, add the others, cork and shake well. Dose—Teaspoonful when the cough is annoying.—[*West. Rural.*]

Dr. Krumm's Cough Syrup—Balsam of tolu 1 ounce, gum storax 1 drachm, opium 16 grains, best strained honey 4 ounces, spirits of wine 1 pint; digest for 6 days and strain. Dose—Teaspoonful three or four times a day.—[*Sou. Monthly.*]

Dr. Mervin's Cough Syrup—Strained honey 4 ounces, dark molasses 4 ounces, best cider vinegar 5 ounces, paregoric elixir 4 fluid drachms; simmer all but the last slowly for 15 or 20 minutes, then remove from the fire and when cold add the paregoric. Dose—Tablespoonful three or four times a day.—[*Nash. Amer.*]

Dr. Kramer's Cough Syrup—Lobelia herb 2 ounces, cayenne pepper 2 drachms, cider vinegar 1 pint, candy sugar 2 ounces; boil the vinegar and pour it on the lobelia and pepper, put it into a stone bottle, and cork close for a few days. Dose—Half a teaspoonful, or a piece of loaf sugar moistened with it.—[*Chi. Med. Jour.*]

Dr. Samuels' Cough Syrup—Syrup of squills 1 ounce, syrup of ipecac 1 ounce, syrup of tolu 1 ounce, sweet spirits of nitre 1 ounce, powdered extract of licorice 30 grains; mix and shake well. Dose—Teaspoonful every few hours as required. Said to be good.—[*King's Anal.*]

Dr. Ramsey's Cough Syrup—Solid extract of hemlock 5 grains, solid extract of henbane 5 grains, mucilage of gum arabic 2 drachms, solution of acetate of ammonia 4 drachms, peppermint water 6 ounces, syrup of red poppy 1 drachm; mix the first two well with the mucilage and then add the others. Dose—Tablespoonful three or four times a day, or whenever the cough becomes troublesome.

Ohio Cough Syrup—Blood-root 2 ounces, boneset 2 ounces, slippery-elm bark 2 ounces, coltsfoot 2 ounces, elecampane 2 ounces, white-root 4 ounces, spikenard 4 ounces, comfrey 1 ounce, poplar bark 1 ounce, lobelia 4 drachms, horehound 4 drachms, black snakeroot 4 drachms, molasses 16 ounces, gin 1 quart; mix the herbs, roots and bark and pour over them 2 quarts of boiling water, let simmer a while, stirring well, then add the molasses, and when cool add the gin. Dose—Tablespoonful every hour, or wineglassful three times a day. A good remedy for asthma, coughs, hoarseness, etc., it is claimed.

Banner Cough Syrup—Tincture of lobelia 1 ounce, Iceland moss 2 ounces, bruised white poppy capsules 2 ounces, pearl barley 1 ounce, molasses 2 ounces; put into 2 quarts of water and boil down to 3 pints; strain, and dissolve it in 5 ounces of sugar candy. Dose—Tablespoonful when the cough is troublesome. It quickly allays a tickling cough and does not constipate, like laudanum and paregoric.

Royal Cough Syrup—Herbs of lobelia, horehound and boneset of each 2 ounces, comfrey and spikenard roots of each 1 ounce, St. Johnswort flowers 1 ounce, poppy capsules 1 ounce, 8 ounces of loaf sugar boiled to a syrup, best rum 1 wineglassful; infuse all but the sugar and rum in 3 pints of boiling water for 3 hours; strain, and add the syrup; then the rum, and stir and mix thoroughly. Dose—Tablespoonful. Valuable for coughs, hoarseness, etc.—[*London Med. Times.*]

Dr. Atlee's Cough Syrup—Acetate of morphia 2 grains, tincture of belladonna 1 drachm, tincture of nux vomica 1 drachm, wine of antimony 3 drachms, syrup of ipecac 3 drachms, fluid extract of wild cherry bark 1 fluid ounce, syrup of balsam of tolu 2 ounces. Dose—Teaspoonful four times a day. Specially commended in a chronic and hacking cough.—[*Mich. Jour. of Med.*]

Dr. Keller's Cough Syrup—Bruised blood-root 5 ounces, lobelia 4 drachms, white sugar 3 ounces, water 3 pints, paregoric elixir 2 drachms; boil all but the paregoric in the water until it thickens; strain, and then stir in the latter thoroughly when cool. Dose—Tablespoonful occasionally. In chest complaints, bronchial affections, coughs, difficult breathing, etc.

Dr. Tillman's Cough Syrup—Compound tragacanth powder 4 drachms, warm water 6 ounces, spirits of mindererus (solution of acetate of ammonia) 12 drachms, syrup of tolu 1 ounce, syrup of squills 4 drachms, paregoric 1 ounce, sweet spirits of nitre 6 drachms, peppermint water 5 ounces; first dissolve the tragacanth thoroughly in the warm water, and when cool add the others and mix well. Dose—Two tablespoonfuls as often as necessary.—*[Nat. Drug. Cir.]*

Southern Cough Syrup—Gum ammoniacum 1 drachm, carbonate of potassium 2 drachms, camphor water 4½ ounces; mix, and add syrup of squills 6 drachms, sweet spirits of nitre 4 drachms, antimonial wine 3 drachms; shake well until thoroughly mixed. Dose—Tablespoonful whenever the cough is troublesome.—*[Nash. Daily Times, contributed by Dr. Jos. Wise.]*

Hope Cough Syrup—Ammonia mixture 2 ounces, camphor mixture 5 ounces, tincture of digitalis (foxglove) 1 drachm, sweet spirits of nitre 4 drachms, syrup of poppies 4 drachms, solution of sulphate of morphia 2 drachms. Dose—Tablespoonful four times a day.

Common Sense Cough Syrup—Fluid extract of wild cherry bark 1 ounce, fluid extract of white pine 1 ounce, tincture of camphorated opium 1 ounce, treacle 12 ounces, muriate of ammonia 4 drachms, syrup of tar 1 ounce, hot water 12 ounces. Dose—Teaspoonful three or four times a day.—*[H. C. Cuneo, M. D., in West. Drug.]*

Great Western Cough Syrup—Syrup of wild cherry bark 3 ounces, syrup of tar 2 ounces, syrup of squills 12 drachms, syrup of ipecac 4 drachms, tincture of camphorated opium 4 drachms, tincture of blood-root 2 drachms, chloroform 30 drops, aromatic spirits of ammonia 1 drachm. Dose—Teaspoonful three or four times a day.—*[Dudley Jones, M. D., in Med. World.]*

Baby Cough Syrup—Syrup of ipecac 1 ounce, syrup of senega 1 ounce, syrup of squills 1 ounce, syrup of wild cherry 2 ounces, simple syrup (made from brown sugar) 8 ounces. Dose—One-third to a teaspoonful according to age. This remedy looks "common" but has proven unusually effective—and contains no opiates.—*[Dr. H. C. Bradford, Nashville, Tenn.]*

To Cure a Troublesome Cough—Take 2 or 3 tablespoonfuls of linseed oil and a small bunch of horehound, boil to a jelly, strain and add 8 ounces of sugar candy, 4 ounces of honey, 8 ounces of loaf sugar. First boil the horehound in 1 quart of water, then add the strained linseed oil and the other articles; simmer for 2 hours; when cold, add chlorodyne 3 tablespoonfuls; bottle and cork tightly, and add a small quantity of spirits of wine to keep it. Dose—Tablespoonful when the cough is troublesome.—*[T. A. Grierson, M. D., in Am. Practitioner.]*

Consumption Syrup—Syrup of morphia 4 ounces, chloroform (C. P.) 80 drops, glycerine 28 drachms, diluted hydrocyanic acid

1 drachm; mix the chloroform with the glycerine, add the other ingredients and agitate well. Dose—Teaspoonful.—[*Dr. Ezra Baker in Am. Med. Sci.*

Another Consumption Syrup—Mixture licorice compound (brown mixture) 4 ounces, syrup of wild cherry bark 2 ounces, sulphate of quinine 32 grains, sulphate of morphia 2 grains, elixir of dandelion compound 2 ounces. Dose—Dessertspoonful every four hours.—[*Dr. D. E. Long in Amer. Med. Monthly.*

Compound Syrup of White Pine—Tincture of white pine 2 fluid ounces, fluid extract of ipecac 4 fluid drachms, carbonate of magnesium 4 drachms, chloroform 1 fluid drachm, sulphate of morphia 8 grains, water 7 fluid ounces, sugar 14 troy ounces; rub 1 ounce of sugar with the magnesium in a mortar; triturate the fluid ipecac and tincture of white pine, then gradually add the water, constantly triturating; filter, and in the filtrate dissolve the sulphate of morphia; mix the chloroform with the sugar in a bottle large enough to hold all, pour in the filtrate and dissolve by shaking. This is an excellent cough remedy. The tincture of white pine is made by dissolving 2 ounces of white gum turpentine in 14 fluid ounces of alcohol by gentle heat.—[*West's Med. Form.*

Dr. Burgoon's Cough Balsam—Syrup of wild cherry bark 4 ounces, compound syrup of squills 2 ounces, tincture of blood-root 4 drachms, mucilage of gum arabic 1 ounce, syrup of tolu 4 drachms. Dose—Teaspoonful every three or four hours.

Tar, Wild Cherry and Horehound Syrup—All parts by measure: Syrup of tar 210 drachms, syrup of wild cherry 150 drachms, syrup of squills 100 drachms, syrup of ipecac 80 drachms, fluid extract of horehound 80 drachms, tincture of opium 20 drachms, tincture of blood-root 10 drachms. Doses—For adult, one teaspoonful; 12 years, two-thirds teaspoonful; 8 years, one-half teaspoonful; 5 years, one-third teaspoonful; infants, five to ten drops, as occasion requires. For all affections of the throat and lungs, such as acute and chronic coughs, colds, asthma, bronchitis, spasmodic croup, hoarseness, sore throat and whooping cough. It is frequently prescribed by physicians, and will be found one of the best remedies of the kind in the market.

Bosche's German Syrup—Oil of tar 1 fluid drachm, fluid extract of ipecac 4 fluid drachms, fluid extract of wild cherry bark 6 fluid drachms, tincture of opium 4 fluid drachms, carbonate of magnesium 3 drachms, water 8 fluid ounces, sugar 14 ounces; triturate the oil of tar with the magnesium thoroughly; mix the fluid extracts and tincture with the water and unite the two mixtures and shake well; filter, add the sugar and dissolve it by further agitation. Dose—Teaspoonful as often as necessary.—[*King's Anal.*

Hill's Balsam of Honey—Balsam of tolu 2 ounces, styrax 2 drachms, opium 30 grains, honey 8 ounces, spirits of wine 32

fluid ounces; let stand for a week, and strain through flannel. Dose—One to three teaspoonfuls occasionally. For colds and habitual coughs.

Powell's Cough Balsam—Syrup of tolu 2 drachms, paregoric elixir 1 ounce, licorice juice 2 ounces. Dose—Teaspoonful occasionally.

Friar's Balsam for Coughs—Gum benzoin 6 ounces, strained storax 2 ounces, pulverized aloes 4 drachms, gum myrrh 4 drachms, balsam of peru 1 ounce, balsam of tolu 2 ounces, extract of licorice 2 ounces, alcohol 2 quarts; allow to stand two weeks, with occasional agitation, and filter through paper. Dose—Half a teaspoonful on a lump of sugar. Useful in asthma, coughs, catarrh, consumption, etc.; also a good application for wounds and cuts.

Purdue's Cough Balsam—Dissolve 2 ounces of extract of horehound and 2 ounces of extract of licorice in 8 ounces of hot water; when cold, add 9 ounces of paregoric, 6 ounces of oxymel of squills, 2 ounces of tincture of benzoin and 10 ounces of honey; mix well and strain through flannel. Dose—Half to a whole teaspoonful, followed by an aperient.

Manning's Pectoral Balsam—Tincture of tolu 2 ounces, compound tincture of benzoin 2 ounces, rectified spirits 4 ounces; shake well. Dose—Teaspoonful. In coughs and colds.

Channing's Pectoral Balsam—Gum guaiacum 2 drachms, camphor 2 scruples, castile soap 1 scruple, laudanum 40 drops, spirits of wine 2 ounces, balsam of peru 24 drops. Dose—From ten to fifteen drops three or four times a day on a lump of loaf sugar.

Fremont's Pectoral Balsam—Linseed oil 1 cupful, olive oil 1 pint, honey 1 pint, spirits of turpentine 1 ounce, balsam of fir 1 ounce, extract of licorice 4 drachms; mix, and simmer for a short time. Dose—Ten to twenty drops two or three times a day.

Green Mountain Pectoral Balsam—Balsam of tolu 2 ounces, gum storax 2 drachms, opium 2 drachms, strained honey 8 ounces, spirits of wine 2 quarts; add one of the ingredients to the spirits at a time, and shake until thoroughly united before adding the next. Dose—Teaspoonful occasionally when necessary.—[*New Ideas*.

Jayne's Expectorant—Syrup of squills 4 fluid ounces, tincture of tolu 3 fluid ounces, tincture of camphor 2 fluid drachms, tincture of lobelia 2 fluid drachms, tincture of digitalis 2 fluid drachms, tincture of opium 4 fluid drachms, powdered ipecac 8 grains, tartar emetic 8 grains; dissolve the tartar emetic in the tincture of lobelia or digitalis and add the other ingredients, shaking well.—[*West. Jour. of Med.*

Ayer's Wild Cherry Expectorant—Acetate of morphia 3 grains, tincture of blood-root 2 fluid drachms, antimonial wine 3 fluid drachms, wine of ipecac 3 drachms, syrup of wild cherry bark 3 fluid ounces. Dose—Teaspoonful. In catarrh, bronchitis, influenza, etc.—[*Am. Pharm.*

Ayer's Cherry Pectoral—Syrup of wild cherry 6 drachms, syrup of squills 3 drachms, tincture of blood-root 2 drachms, sweet spirits of nitre 2 drachms, wine of antimony 3 drachms, wine of ipecac 3 drachms, simple syrup 1½ ounces, acetate of morphia 2 grains, spirits of bitter almonds 2 drops (dissolved in 1 ounce of alcohol).—[*Am. Drug.*]

Hufeland's Pectoral Elixir—Saffron 3 parts, gum benzoin 4 parts, gum myrrh 4 parts, gum ammoniac 4 parts, anise seed 4 parts, purified licorice juice 4 parts, sneezewort-root 8 parts, orris root 8 parts, squill bulbs 8 parts; macerate for a week in 93 parts rectified spirits, stirring frequently, then filter. Dose—Teaspoonful three or four times a day.—[*Home Mag.*]

Drake's Pectoral—Horehound plant, comfrey root, blood-root, elecampane root, wild cherry bark, spikenard root, pennyroyal plant of each 4 ounces; infuse in 3 quarts of boiling water for 3 hours; then heat the water again, and pour it over the plants and roots to infuse 5 or 6 hours more; strain, and sweeten with sugar candy. Very serviceable in diseases of the lungs, chronic coughs, removes constriction of the chest by promoting expectoration, etc. Dose—Small teaspoonful three or four times a day, or oftener if necessary.—[*Dr. J. A. Drake in Ohio Jour. Med.*]

Jackson's Pectoral—Extract of licorice 128 grains, extract of squills 32 grains, extract of senega 32 grains, extract of henbane 32 grains, extract of blood-root 16 grains, extract of ipecac 16 grains, acetate of morphia 1 grain, simple syrup enough to make 4 ounces in all. Dose—Teaspoonful three times a day and another at bedtime.—[*King's Form.*]

Henderson's Pectoral—Fluid extracts of horehound, red-root, elecampane, spikenard, wild cherry bark, comfrey and blood-root of each 2 fluid ounces. Dose—Tablespoonful at a dose.

Janeway's Pectoral—Syrup of tolu, syrup of wild cherry bark, tincture hyoscyamus, compound spirits of ether and water of each 2 fluid ounces. Dose—A teaspoonful.—[*Dr. E. G. Janeway.*]

Bateman's Pectoral Drops—Compound spirits of anise seed 16 fluid ounces, opium 1 drachm, camphor 1 drachm, oil of fennel 20 drops, cochineal 2 drachms. Dose—A teaspoonful.

Expectorant Cough Mixture—Muriate of ammonia 3 drachms, tincture of blood-root 2 drachms, syrup of wild cherry bark sufficient to make 4 ounces in all. Dose—Teaspoonful every two or three hours.—[*Med. Col. Cleveland Leader.*]

"Certain" Cough Mixture—Listerine 2 drachms, elixir of paregoric 2 drachms, glycerine 2 drachms, chloroform 30 drops; shake well before using. Dose—Teaspoonful.

Lemon Juice Cough Mixture—Citrate of potassium 2 drachms, lemon juice 4 drachms, syrup of ipecac 1 ounce, simple syrup enough to make 12 ounces in all. Dose—Tablespoonful four to six times daily.

Munroe's Cough Mixture—Paregoric 4 drachms, sulphuric ether 2 drachms, tincture of tolu 2 drachms. Dose—Teaspoonful in a little water.

Griffin's Cough Mixture—Oil of caraway 2 drachms, oil of anise 2 drachms, saffron 4 drachms, benzoic acid 6 drachms, opium 5 drachms, camphor 4 drachms, alcohol 6 ounces; color with burnt sugar to imitate. Dose—Teaspoonful three or four times a day.

Pierquin's Cough Mixture—Kermes mineral 2 grains, gum arabic 1 drachm, syrup 5 ounces. Dose—Teaspoonful occasionally when expectoration is difficult.—[*King's Form.*]

Tamar's Cough Mixture—Tartar emetic 3 grains, opium 15 grains, molasses 4 ounces, pure cider vinegar 2 ounces, water 2 pints; make half the water boiling hot and into it dissolve the tartar emetic and opium; make the other part boiling hot and into it dissolve the molasses and stir in the vinegar; then unite the two mixtures. Dose—From two teaspoonfuls to two tablespoonfuls every three hours, or three times a day, according to circumstances. In irritable coughs, common catarrh, bronchitis, etc.

Hammond's Cough Mixture—Vinegar of squills 2 ounces, tincture of tolu 4 drachms, wine of antimony 1 ounce, syrup of red poppies 1 ounce, spirits of sulphuric ether 2 drachms, peppermint water enough to make 12 ounces in all. Dose—Tablespoonful every three or four hours.

Dr. Mentone's Cough Mixture—Almond confection 2 drachms, warm water 4 ounces; make an emulsion, and then add spirits of mindererus 1 ounce, syrup of tolu 4 drachms, wine of ipecac 2 drachms, sweet spirits of nitre 2 drachms. Dose—Two tablespoonfuls every three hours.

Dr. Ringold's Cough Mixture—Mucilage of gum guaiacum 3 ounces, syrup of squills 1 ounce, syrup of tolu 1 ounce, paregoric elixir 2 ounces, sweet spirits of nitre 4 drachms, peppermint water enough to make 6 ounces in all. Dose—Tablespoonful when the cough is troublesome, and two at bedtime.

Calisaya Cough Mixture—Calisaya bark 1 ounce, black snake-root 2 ounces, rock candy 8 ounces, whiskey 1 pint. Dose—Half a wineglassful at a dose.

Tonic Cough Mixture—Tincture of blood-root 3 drachms, sulphate of morphia 1 grain, glycerine 4 ounces, apple brandy 4 ounces. Dose—Half a wineglassful at a dose.

"One Night" Cough Mixture—Tincture of blood-root, syrup of ipecac, syrup of squills, tincture of balsam of tolu and elixir of paregoric of each 2 ounces; mix thoroughly. Dose—Half a teaspoonful whenever the cough is very severe. It is a very valuable remedy.—[*Dr. C. Jackson.*]

Boston Cough Mixture—Sweet spirits of nitre 1 ounce, wine of ipecac 12 drachms, papine 4 drachms, syrup of tolu 5 ounces. Dose—Teaspoonful three or four times a day.

Hamlin's Cough Mixture—Sweet spirits of nitre 3 drachms, tincture of balsam of tolu 1 drachm, papine 2 ounces, syrup of squills enough to make 4 ounces in all. Dose—Teaspoonful.

Suggestions—A salt water gargle is a simple and effective remedy for a sore throat.

Syrup of hypophosphites of lime, soda and potash (Churchill's formula) is a good remedy for consumptives. The dose is one or two teaspoonfuls three or four times a day.

For simple bronchitis following a cough, try syrup of hypophosphite of ammonia; take two teaspoonfuls every hour or two as may be required.

For sore throat: Vinegar 1 wineglassful, honey 2 tablespoonfuls; pour the water on the honey and stir well until dissolved; then add the vinegar and use cold as a gargle.—[*Hall's Jour. of Health*.]

Try this for a sore throat: Powdered alum 2 drachms, tincture of myrrh 3 drachms, chlorate of potash 30 grains, glycerine and water (equal parts) 3 ounces; use a small quantity as a gargle every hour or two until relieved.

Or this: Take a lump of resin as large as a walnut, put it in an old teapot, pour boiling water on it, put the lid on, then put the spout to your mouth, and the steam will stop the inflammation.—[*Mrs. Rachel Gowan in Rural World*.]

Make a poultice of wormwood, boiled in sweet milk, and apply it to the throat. I have known this to give relief in the very worst cases in eight hours.—[*Mrs. C. Carterly in Rural World*.]

In malignant sore throat, gargle with a mixture of 1 to 2 drachms of tincture of capsicum in half a pint of water.

A teaspoonful of paregoric at bedtime, or 5 grains of "Dover's Powder," will cut short an attack of cold, or greatly modify its severity.

If the swelling in throat trouble interferes with swallowing and breathing, allowing small pieces of ice to dissolve in the mouth will prove very beneficial.

A solution of either tannic acid, oak bark, tincture of iron, or chlorate of potash, used as a gargle, will tend to promote recovery in a sore throat.

Constant gargling with warm water or warm milk often acts beneficially.

In tonsilitis, or quinsy, take ammoniated tincture of guaiac 1 teaspoonful, milk $\frac{1}{2}$ tumblerful; gargle thoroughly with a mouthful of the solution and swallow the remainder; may be repeated every hour. In the early stages of the complaint, this is considered a specific.—[*Dr. Conwell*.]

The following will be found useful in quinsy: Sugar of lead 20 grains, laudanum 1 teaspoonful, water 1 pint; gargle freely.

For hoarseness and threatened loss of voice, take phosphate of soda 3 drachms, carbolic acid 30 grains, glycerine 1 ounce,

enough distilled water to make 8 ounces in all; use as a gargle as often as may be required.—[*Dr. James Gross in West. Med. News.*]

For hoarseness, etc.: Pure strained honey 2 tablespoonfuls, pure cider vinegar 1 tablespoonful, melted butter 1 tablespoonful; mix thoroughly and heat to the boiling point in an earthen cup or dish. Dose—Teaspoonful every 5 to 10 minutes at night until relieved.—[*Prac. Drug.*]

Hoarseness caused by a thickening of the mucous membrane is found to be promptly relieved by giving internally bichromate of potash in proper doses.

Plug the nostrils with cotton-wool which has been dipped in glycerine; this relieves the irritation and congestion so distressing in a cold in the head.

Where there is debility or fatigue, a full dose of quinine (10 to 15 grains) is advised—always first taking a cathartic to cleanse the stomach and bowels.

If there is torpidity of the liver, one or two compound cathartic pills at bedtime will be useful.

Very strong sage tea 1 pint, strained honey 4 tablespoonfuls, common table salt 4 tablespoonfuls, pure cider vinegar 4 tablespoonfuls, cayenne pepper (pulverized) 2 rounding teaspoonfuls; steep the pepper with the sage, strain, and add the others and bottle; use as a gargle four to ten times a day, according to the severity of the case. This has proved an excellent remedy in laryngitis and tonsillitis as well as catarrhal sore throat.

A liniment for sore throat: Gum camphor 2 ounces, finely shaved castile soap 1 drachm, oil of turpentine 1 tablespoonful, oil of origanum 4 drachms, opium 2 drachms, alcohol 1 pint; allow to stand one week before using, then bathe the parts freely two or three times a day; useful in almost any throat or other trouble where an outward application might be needed.

Lemon juice squeezed over soft sugar until it is like a syrup, and a few drops of glycerine added, relieves hoarseness at once.

Olive oil mixed with quinine and rubbed on the back and chest, prevents cold settling on the lungs.

For hoarseness, take 1 pint of water and 1 pound of loaf sugar, allow them to come to a boil, and add 1 teaspoonful of grated horseradish, 1 teaspoonful of powdered borax and the juice of 2 lemons; mix well, allow it to cool and add the beaten white of an egg. Take in teaspoonful doses.—[*Clara Hardenbeck in Amer. Farm Jour.*]

Twenty drops of wine of ipecac every three hours, and freely drinking of flaxseed tea, makes a good treatment.

Breathing over the mouth of a jug containing boiling hot water, to which a little pure cider vinegar has been added, is an excellent remedy and within the reach of all.

Diluted vinegar sweetened with honey makes a very effective gargle.

In enlarged tonsils, a gargle made by adding vinegar and salt to strong red pepper tea will have a tendency to relieve; and 20 grains of tannin to 1 ounce of water, to which is added a little honey, makes an excellent application as a gargle.

For a lengthened palate, a gargle made of tincture of cayenne pepper and glycerine in equal proportion is often attended with happy results.

Smoking dried mullein leaves in a pipe that has never been used for tobacco is said to have cured many cases of laryngitis, especially in that form of the disease in which there is dryness of the windpipe, with a constant desire to clear the throat, attended with little expectoration and considerable pain in the part affected.

In chronic laryngitis, avoid irritants of every kind. For local application, take chloride of zinc 15 grains and glycerine 1 ounce; apply daily for seven to ten days, and then gradually lengthen the intervals.

Or, apply locally a solution of chloride of zinc 10 grains in 1 ounce of water, especially when there is much ulceration and discharge.

In cases of sore throat, especially in what is known as "minister's sore throat," Prof. Garretson prescribes the following: Carbolic acid 24 drops, tincture of iodide compound 150 drops, glycerine 4 fluid ounces, water 7 fluid ounces; use as a gargle, properly diluted.

For ordinary coughs or hoarseness, try this: Two ounces of whole flaxseed, 1 pint of boiling water, juice of 2 lemons; after pouring the boiling water over the flaxseed let the whole steep for three hours; pour off the clear liquid and add the lemon juice; sweeten to taste; one ounce may be taken at a time; some prefer the liquid ice cold.

In acute laryngitis, take tincture of aconite root 1 drachm, syrup of lemon peel 1 fluid ounce, solution of acetate of ammonia 4 fluid ounces. Dose—Dessertspoonful every three hours.—[*Dr. R. P. Thomas in Amer. Drug.*]

In tonsilitis, rubbing the tonsils frequently with pure bicarbonate of soda will give almost immediate relief.

For sore throat, take chlorate of potash 2 drachms, spirits of chloroform 20 drops, warm water 1 pint; draw the mixture up through the nose and bring it down out of the mouth.

For laryngitis, take muriate of ammonia 1 ounce, spirits of chloroform 2 drachms, water 1 pint; put a tablespoonful in an inhaling bottle, fill half full of warm water and inhale ten minutes.

For an ulcerated sore throat, take sulphate of zinc 2 drachms, decoction of peruvian bark 1 pint, water 1 pint; mix, and use as a gargle as frequently as seems necessary.

Bananas are beneficial to sufferers from chest complaints.

A gargle for general inflammation: Mix thoroughly purified saltpetre 2 drachms, barley water 7 ounces, acetate of honey 7 drachms; to be used frequently.

Or, take pure cider vinegar 3 teaspoonfuls, tincture of myrrh 2 teaspoonfuls, honey 2 teaspoonfuls, port wine 1 glassful, warm water 3 wineglassfuls; use as a gargle in sore throat.

Gargle for inflamed throat: Tincture of myrrh 3 drachms, mucilage of gum arabic 7 ounces.

Gargle for throat threatened with mortification: Tincture of capsicum 12 drachms, honey of roses 6 drachms, infusion of roses 1 pint.

Or, tincture of capsicum 6 drachms, infusion of peruvian bark 5 ounces, port wine 3 ounces.

Carbolized gargle for tonsilitis, etc.: Carbolic acid 40 drops, acetic acid 1 drachm, honey 4 fluid ounces, tincture of myrrh 4 fluid drachms, water 12 fluid ounces—the two acids to be well shaken together before adding to the other ingredients.—[*Dr. Chas. Sedgwick*.

Gargle for sore throat: Distilled witch hazel 1 part, glycerine 2 parts—diluted with water to form a gargle.

In bronchitis: Fluid extract of yerba santa 1 ounce, liquor potassa 1 drachm, fluid extract of grindelia 1 ounce, camphorated tincture of opium 1 ounce, syrup of ipecac 1 ounce. Dose—Teaspoonful every three hours.—[*Dr. C. Morgan in Nat. Med. Jour.*

Tincture of blood-root 4 drachms, camphorated tincture of opium 2 ounces, tincture of aconite 1 drachm, sweet spirits of nitre 2 ounces, compound spirits of ether 1 ounce. Dose—Teaspoonful every two or three hours.—[*Joseph A. Stites, M. D., Belmont, Nev.* In bronchitis, etc.

Bromide of potassium 30 grains, pulverized ipecac 30 grains, strong tea of boneset 8 ounces, clarified honey 4 ounces, good whiskey 8 ounces. Dose—From twenty drops to a teaspoonful three times a day.—[*Dr. Wesley*. In bronchial trouble.

Tincture of blood-root 2 drachms, tincture of stone-root 4 drachms, tincture of benzoin compound 5 ounces. Dose—Teaspoonful every three hours.—[*Southern Druggist*. Recommended in bronchitis, etc.

Chloride of ammonia 1 drachm, syrup of squills 1 ounce, muriate of morphine 1 grain, brown mixture 3 drachms. Dose—Teaspoonful three times a day.—[*Prof. Wm. Pepper of the Univ. of Phil.* For bronchitis, etc.

Oil of turpentine 3 fluid ounces, acetic acid 4 fluid drachms, rose water 20 fluid drachms, linseed oil 1 drachm, yolk of 1 egg; beat up well into a liniment and rub freely on the chest in threatened bronchitis.

Fluid extract of wild cherry bark 3 ounces, fluid extract of grindelia 2 ounces, fluid extract of Jamaica dogwood 4 ounces, fluid extract of jaborandi 1 ounce, maltine 20 ounces. Dose—Tablespoonful three to six times a day.—[*John C. Lasley, M. D.* In bronchial trouble.

Fluid extract of *lippa mexicana* 1 ounce, fluid extract of *grindelia* 1 ounce, fluid extract of *yerba santa* 1 ounce, liquor potassa 2 drachms, enough glycerine to make 4 ounces in all. Dose—Teaspoonful every three hours.—[*West. Drug*. Useful in bronchitis, etc.

Fowler's solution 32 drops, tincture of belladonna 3 drachms, tincture of *nux vomica* 3 drachms, syrup of hydriodic acid 32 drops, elixir cinchona enough to make 4 ounces in all. Dose—Teaspoonful three times a day before meals.—[*Nat. Drug Jour*. In bronchitis, etc.

Syrup of ipecac 4 fluid drachms, spirits of ether compound 4 fluid drachms, bromide of sodium 4 drachms, tincture of belladonna 2 fluid drachms, cherry-laurel water enough to make 4 ounces in all. Dose—Two teaspoonfuls at the beginning of the attack; repeat twice at 15 minute intervals, if necessary.—[*Dr. John Calhoun in Rural World*. Prescribed especially in bronchial trouble.

Salicylic acid 2 drachms, carbonate of ammonia 6 drachms, simple syrup 3 ounces, enough water to make 8 ounces in all. Dose—Teaspoonful every hour to an adult.—[*Fliesburg Annual Univ. Med. Sci*. In bronchitis, etc.

Wine of ipecac 2 drachms, liquor citrate of potassium 4 drachms, camphorated tincture of opium 1 ounce, syrup of acacia 1 ounce. Dose—Tablespoonful three times daily. In first stage of ordinary acute bronchitis, etc.—[*Da Costa*.

Iodide of potassium 2 drachms, tincture of squills 1 drachm, tincture of stramonium 2 drachms, extract of licorice 3 drachms, sweet spirits of nitre 1 drachm, enough water to make 8 ounces in all. Dose—Tablespoonful in a teaspoonful of water every six hours.—[*Practitioner*. For bronchial trouble.

Powdered gum arabic 8 ounces, precipitated sulphuret of antimony 4 scruples, anise 4 scruples, extract of licorice 2 ounces, extract of opium 12 grains, white sugar 2 pounds; mix, and form into lozenges of 6 grains each. Dose—One occasionally in bronchial affections and catarrh.—[*Tronchin's Form*.

Syrup of tolu 2 ounces, tincture of lobelia 1 ounce, elixir of paregoric 1 ounce; shake well. Dose—Teaspoonful every three hours.—[*Dr. Gleason*. In acute bronchitis.

Bruised blood-root 5 ounces, lobelia herb 4 drachms, white sugar 3 ounces, water 3 pints. Gently simmer for half an hour, or until it thickens; strain, and when cool add 2 teaspoonfuls of elixir of paregoric. Dose—Tablespoonful occasionally.—[*Dick's Encyc*.

Sulphate of quinine 20 grains, sulphate of zinc 60 grains, aromatic sulphuric acid 4 drachms, syrup of tolu 4 ounces. Dose—Teaspoonful three or four times a day, to diminish excessive expectoration and night-sweats. In acute bronchitis.—[*Dr. Gleason*.

Spirits of turpentine 3 ounces, acetic acid 1 drachm, oil of

lemon 1 drachm, olive oil 3 ounces; make into a liniment and rub it well into the skin over the chest and throat night and morning. In chronic coughs.

Muriate of ammonia 1 ounce, chlorate of potash 2 drachms, syrup of wild cherry bark 1 pint. Dose—Dessertspoonful three or four times a day.—[*Dr. Gleason*. In coughs, sore throat, etc.

Iodine 20 grains, chloroform 1 ounce, tincture of tolu 1 ounce, alcohol 6 ounces; fill an inhaling bottle half full, inhale the vapor for 5 or 10 minutes, three times a day.—[*Dr. Gleason*.

Chloride of ammonia 2 drachms, chloroform 1 drachm, brown mixture 3 ounces; shake well. Dose—Teaspoonful three or four times a day. In chronic bronchitis and catarrhal conditions of the throat and chest.—[*Dr. Conwell's Med. Therapy*.

Muriate of morphine 2 grains, cherry-laurel water 2 drachms, simple syrup 4 ounces. Dose—From one to two teaspoonfuls once or twice a day.

Try pure glycerine 2 ounces, common table syrup 2 ounces, water 1 ounce. Dose—Teaspoonful as often as necessary. Good for all ordinary coughs, especially in children. For grown persons a few drops of the extract of ginger may be added. An excellent remedy for bronchitis.—[*Mrs. K. Atkinson in House-keeper*.

In bronchitis, coughs, etc., take: Citrate of potassium 6 drachms, liquor acetate of ammonia 5 ounces, sweet spirits of nitre 1 ounce, fluid extract of ipecac 1 drachm, enough syrup of wild cherry bark to make 8 ounces in all. Dose—Teaspoonful in water every three hours.

In bronchitis, colds, etc.: Fluid extract of digitalis 24 drops, fluid extract of ipecac 48 drops, tincture of aconite 24 drops, simple syrup enough to make 4 ounces in all. Dose—Teaspoonful every one or two hours as may be needed.

Take a tablespoonful of pine tar to a cupful of white sugar and add enough water to make a syrup; boil half an hour and then set it away to cool; when cooled off, take a stick and make a hole in the hardened mass and pour off the syrup into a bottle; a small teaspoonful of this syrup taken occasionally will relieve a cough.

For that hacking cough, try a few drops of the spirits of turpentine on a small cube of loaf sugar.

For sore throat, or quinsy, a poultice of flaxseed meal, to which has been added lard and laudanum, is good.

Pineapple syrup is an excellent remedy for colds and sore throat; take a teaspoonful as often as something cooling is wanted.

In severe paroxysms of coughing, either in colds, coughs or consumption, one to two tablespoonfuls of pure glycerine in pure whiskey, or hot, rich cream, will afford almost immediate relief.

To break up a very bad cold, bathe the feet in water as hot as can be borne, after which drink a cup of hot ginger tea and go immediately to bed and take a good sweat.

Mutton tallow is an old-fashioned but a good remedy for cold on the chest; it should be well rubbed into the skin.

A gargle of hot claret wine often affords much relief in cases of acute sore throat.

For tonsillitis, take alum 20 grains, tannic acid 20 grains, sulphate of zinc 20 grains, sulphate of copper 30 grains, distilled water 1 ounce; inhale the vapor or use an atomizer.—[*Dr. Johnson in Med. Review.*]

Try equal parts of Jamacia rum, linseed oil and honey; shake when used. Good in recent coughs.

If the cough is very troublesome when you lie down at night, or on waking in the morning, put 1 teaspoonful each of tar and sweet spirits of nitre into a 4-ounce vial of water, shaking well; then at these times sip a teaspoonful from the bottle without shaking; will quickly allay the tickling sensation.—[*Dr. A. W. Chase.*]

To break up a recent cold, take a handful of yarrow, 4 drachms of bruised ginger-root or 1 teaspoonful of cayenne pepper, and about 3 pints of water; boil to 1 pint; add a little sugar if you like; take a good dose at bedtime, and your cold will be gone by next morning; if not, repeat the dose.

A good drink for coughs is made by infusing 4 ounces of raw linseed oil in 3 pints of boiling water for two or three hours, stirring occasionally; then add 4 ounces of treacle.

If troubled with a tickling cough, rub the throat and chest well with white vaseline on retiring for the night; rub before the fire until it becomes absorbed. It is also good for sore throat.

A strong and sonorous cough suggests spasmodic croup; a hoarse and rough cough is an indication of true croup; when the cough is clear and distinct there is bronchitis; when it is suppressed and painful there is pneumonia and pleurisy; if the cough is convulsive it indicates whooping cough.

Put into 1 pint of whiskey 3 ounces of white pine gum; when it has dissolved, mix it with pure strained honey, using equal parts of each. It is one of the best things for a cough, and should always be kept on hand.—[*Bettina.*]

Tincture of iodine painted over the chest will often relieve pleurodynic pains where mustard plasters fail.

The leaf of the common pie-plant applied to the chest, where there is acute lung trouble, is most admirable; dip it in hot water, after slicing off the pulpy veins, and place it on the affected part to remain over night; perhaps the second or third application will be required to bring out a fine sudamina, effecting very gratifying results.—[*Dr. King's Med. Presc.*]

An excellent remedy for a cold is the yolk of an egg beaten in a pint of water, a little butter, 3 lumps of loaf sugar, and a tablespoonful of whiskey; when it begins to boil, pour it back

and forth from one saucepan to another until it is smooth and frothy; allow it to cool, then take a teaspoonful every half hour.

For common sore throat, dissolve alum in cold tea; use as a gargle; wear camphorated flannel around the neck.

Dr. A. J. Livezey says: "In the first stages of sore throat, or quinsy, I have repeatedly used the following astonishing gargle with great success: Tincture guaiacum ammoniata 3 drachms, liquor potassa 3 drachms, tincture of opium 2 drachms, cinnamon water enough to make 1 ounce in all."

Constant coughing is precisely like scratching a wound on the outside of the body; so long as it is done the wound will not heal. Let a person, when tempted to cough, draw a long breath and hold it until it warms and soothes every air cell, and some benefit will soon be received from the process.

"I hang around the bed and in the room flannel cloths saturated with oil of turpentine, in all cases of catarrhal bronchitis—in fact, in all affections of the air passages—and my patients invariably express themselves as being very much relieved."—[*Arthur E. Spohn, M. D.*]

Steep the leaves of the common mullein until you have a strong tea; strain, and add sugar to make a thick syrup; take a teaspoonful after each meal. We have found this an excellent cough medicine.—[*Josie Faw, Othello, N. C.*]

Steep 2 handfuls of wild cherry bark in a quart of water until the strength is extracted; strain, dissolve a stick of licorice in it, and add a pound of loaf sugar; when all dissolved, put on the stove and bring to a boil; then remove, allow it to cool, add 1 ounce of elixir of paregoric, mix well and bottle. Dose—Tablespoonful three or four times a day.—[*Dr. Kraig in N. E. Jour. Med.*]

Hot milk, sipped slowly, is efficacious for relieving the irritable throat which frequently follows a severe cold or is an accompaniment of a bronchial cough.

For a severe cold on the lungs, make a mush of flaxseed with whiskey, by the aid of heat, to almost the boiling point, and apply on a cloth to the chest as hot as can be borne; repeat the poultice as often as it gets cool, for a few hours or days, as often as necessary. This has been known to cure pneumonia when doctors have failed.—[*Mrs. Morrow in Rural World.*]

A very good remedy for a cold on the lungs is a syrup made of the juice of onions and sugar; simmer the onions in a very little water, strain and add the sugar.—[*M. M.*]

In consumption, 1 part of willow charcoal in 2 parts of glycerine is a panacea.—[*East. Drug.*]

Beef suet boiled in fresh milk is said to be good for a cough; take small quantities at a time, but often.

A tickling in the throat, or sudden hoarseness, can be cured by placing a pinch of dry, pulverized borax on the tongue and allowing it to slowly dissolve.

For a dry cough, take elixir of paregoric 2 ounces and wine of ipecac 1 ounce. Dose—Teaspoonful occasionally.—[*Dr. Beard.*

For a dry, hoarse cough, take of gum ammoniac mixture 3 ounces, mixture of bitter almonds 3 ounces, tincture of squills 40 drops. Dose—Three teaspoonfuls twice a day.—[*Dr. Beard.*

Half a pint of honey, the juice of a lemon, a teaspoonful of powdered alum and a tablespoonful of sweet oil, all mixed well together, and taken in occasional teaspoonful doses, will relieve a cough in a very short time.

A syrup made of mullein and horehound and sweetened with loaf sugar makes a good cough remedy.

Mrs. C. M. Nelson, Harrisonville, O., writes: "For severe cold on the lungs, steep hops until the strength is completely extracted and you have a strong tea; drain this off, sweeten well and boil to a syrup; take a teaspoonful of this five or six times a day. Do not smile at my remedy, sisters, but try it."—[*In Rural World.*

For a severe cold on the lungs, take a cupful of strained honey, half a cupful of pure olive oil and the juice of a lemon, cook all well together, and take a teaspoonful every two hours.—[*Dr. Richards in Home Jour.*

For cold in the head, dissolve 1 grain of tartar emetic in 8 ounces of water, and take a teaspoonful every fifteen minutes for four doses, and then hourly, and after that every three or four hours; the trouble is often cured in the course of a day.—[*Dr. J. L. Davis in Cincinnati Lancet.*

For summer sore throat, which is often due to irritation of dust, mix 20 grains of chlorate of potassium with 1 ounce of water and gargle.

For an ordinary cold, add a teaspoonful of the syrup of ipecac to a cupful of cold water, and take a teaspoonful of the mixture every hour.

A nightly gargle of salt and water strengthens a weak throat and keeps off bronchitis.

Hot lemonade is one of the best remedies in the world for a cold if the sufferer will go to bed and cover up well; it acts promptly and effectively, and has no unpleasant after effects.

An excellent remedy for ordinary colds is this: Steep a handful of horehound leaves; strain, add to it a cupful of loaf sugar, and boil to a thick syrup; give a teaspoonful as often as necessary.

The old-fashioned salt and pepper gargle for sore throat is made by taking 2 teaspoonfuls of vinegar, 2 teaspoonfuls of fine salt and half a teaspoonful of cayenne pepper, and dissolving them in a quart of boiling water.

For a sore throat, mix 2 drachms of bicarbonate of soda, 1 drachm of chlorate of potash and 6 ounces of water, and take a tablespoonful as a dose.

Roast a lemon very carefully without burning it; when it is thoroughly hot cut it open in one end and squeeze the contents into a cup containing 3 ounces of finely powdered sugar; take a teaspoonful whenever the cough troubles you. It is excellent and agreeable to the taste.—[*Amy Moore in Watertown Journal.*]

Chewing a small piece of gum arabic will often allay a cough and relieve a sore throat.

Equal parts of sweet oil and ammonia water, well mixed, makes an excellent liniment for sore throat; also in spasmodic croup.

Equal parts of spirits of turpentine and sweet oil make another external application for sore throat or cold on the chest. It may cause a slight eruption but this will soon pass away.

If congestion of the lungs is feared, make a mustard paste, mixing the mustard with glycerine, which will prevent blistering without weakening the value of the mustard, and apply to the chest.

Mailhe's Syrup for Hoarseness: Take 15 parts syrup of gum arabic, 5 parts syrup of tolu, 5 parts of maiden-hair fronds, 1 part nitrate of potassa, and 1 part cherry-laurel water. Dose—Tablespoonful in a cupful of sweet balm, in short draughts.

A certain and safe specific for a common cold, by Geo. M. Beard, M. D., in "Our Home Physician:" Camphor 2 parts, powdered opium 1 part, carbonate of ammonia 2 parts; dissolve the camphor in ether to the thickness of cream, then add the opium and ammonia; keep in a bottle tightly corked. It should usually be given at night, before retiring. The effect is to open the pores of the skin and produce sleep. Dose—From three to six grains in a little water. Dose may be repeated the following night.

Put into an 8-ounce bottle a tablespoonful of muriate of ammonia (sal-ammoniac) and 4 tablespoonfuls of pulverized extract of licorice and nearly fill it up with hot water and shake thoroughly to prevent the licorice from becoming solid; also shake each time before using. It instantly relieves the troublesome cough caused by an accumulation of phlegm in the throat, especially in the morning, experienced mostly by persons afflicted with chronic catarrh. It is harmless to the stomach—in fact, rather improving the appetite. Dose—Teaspoonful.—[*Dr. L. C. Granby in Med. Mirror.*]

Make a decoction of the leaves of the pine tree and sweeten with loaf sugar; drink it freely, warm, before going to bed, and cold, through the day; a certain cure for a cough with a cold in a short time.—[*Wis. Rev. of New Rem.*]

Take muriate of morphia 1 grain, glycerine 4 fluid ounces; mix, and take a teaspoonful when the cough is troublesome.—[*Dr. C. Mangold.*]

To cure hoarseness: Make a mixture of the saturated solution of iodine 20 drops and alcohol 1 ounce; take five drops on a lump of loaf sugar every two hours until relieved.—[*Med. Times.*]

For sudden hoarseness, take a teaspoonful of sweet spirits of nitre in a wineglassful of water two or three times a day.—[*Med. Times.*]

In a dry cough threatening consumption: Elixir of paregoric 2 ounces, wine of ipecac 1 ounce. Dose—Teaspoonful occasionally.

Take seneca snakeroot 3 drachms, anise seed 3 drachms, licorice root 2 drachms, paregoric elixir 12 drachms, syrup of squills 1 ounce; boil the first three in half a pint of water, strain, and add the other two. Dose—Tablespoonful three or four times a day. Use in coughs where there is no fever and the system is languid.

For a common cold, with tightness of the chest: Wine of ipecac 3 drachms, powdered gum arabic 1 drachm, water 1 ounce; first rub the gum and water together until the former is entirely dissolved, then add the other two. Dose—Teaspoonful every hour. Good mixture for children in smaller doses.

Gargle for sore throat: Sage tea 1 pint, alum 4 drachms, honey 1 ounce.

In quinsy and other forms of sore throat, try a gargle made of chlorate of potash 2 drachms, tepid water 1 pint.

Take wheat-bran 1 pint, raisins (mashed) $\frac{1}{2}$ pint, water 4 pints, honey 6 tablespoonfuls; simmer for three or four hours and strain. Dose—Wineglassful four or five times a day.

Take vinegar of squills 4 drachms, hyssop water 3 ounces, peppermint water 1 ounce and sweet spirits of nitre 4 drachms; mix, and take two tablespoonfuls three or four times a day. In coughs, colds, asthma, etc.—[*Dr. Geo. M. Beard.*]

Take gum ammoniac 1 drachm, syrup of squills 2 ounces, paregoric elixir 4 drachms, water 4 ounces; dissolve and mix the first two by rubbing in a mortar; then add the other two and mix well by agitation. Dose—Tablespoonful four times a day. Useful in chronic cough, asthma, and other pectoral affections attended with scanty expectoration, without acute inflammation, or where there is too copious expectoration caused by debility of the mucous membrane.—[*Geo. M. Beard, M. D.*]

For common sore throat, try a gargle made of barley water 5 ounces, pure cider vinegar 8 ounces.

Colds enter more often through the back of the neck and spine than through the breast.—[*Geo. M. Beard, M. D., author of "Our Home Physician."*]

Chewing a little cinchona bark, constantly swallowing the spittle, is said to be a cure for a dry cough.

Beat the yolk of an egg well in a heavy bowl, add 30 grains of spermaceti, a little fine loaf sugar and 1 tablespoonful of paregoric elixir. Dose—Tablespoonful, when the cough is troublesome.

Peel and slice a large turnip, spread coarse sugar between the slices, and allow it to stand in a dish until all the juice drains down; take a teaspoonful when your cough is very annoying.

For a tickling cough, drink four or five times a day water whitened with oatmeal.

To a pint of New Orleans molasses add a teaspoonful of pine tar, simmer together until well mixed; then add a small teaspoonful of pure cider vinegar and half a teaspoonful of ipecac; cook slowly until a syrup is formed, but not too thick to run well from a bottle. Dose—Teaspoonful or two whenever necessary. Said to be an excellent remedy for coughs and colds.

Take chloride of ammonium (sal-ammoniac) 1 drachm, syrup of wild cherry bark 1 ounce, syrup of squills 1 ounce, paregoric 4 drachms, syrup of tolu 1 ounce, enough syrup of horehound to make 4 ounces in all. Dose—Teaspoonful as occasion may require.—[*West. Med. Advance.*]

Powder for cold: Dover's powder 20 grains, capsicum 15 grains, camphor 10 grains, quinine 25 grains; put up in five powders. Dose—One every six hours.—[*Dr. L. W. Marshall in Spatula.*]

Another powder for cold: Phenacetine 20 grains, capsicum 15 grains, Dover's powder 20 grains, quinine 20 grains; make into six capsules. Dose—One every five or six hours.—[*Dr. Killian Jones in Nat. Jour. Ph.*]

English Cough Mixture: One cup of molasses, butter the size of a walnut, half a teaspoonful of horehound, and half a teaspoonful of senna; put the last two to steep in just as little water as will cover them, and separately boil the molasses with the butter nearly as long as for candy; when sufficiently boiled, strain the horehound and senna mixture into it. Dose—Teaspoonful three times a day.

B. & D. Cough Cure: Sulphate of morphia 8 grains, fluid extract of ipecac 30 drops, chloroform 60 drops, tincture of white pine 2 fluid ounces, water 7 fluid ounces, magnesium carbonate 2 drachms, sugar 14 ounces; rub the magnesium with 1 ounce of the sugar in a mortar and triturate with the tincture and extract; gradually add the water and triturate the mixture in the mortar; filter and dissolve the sulphate in the filtrate; mix the chloroform with the remainder of the sugar in a bottle of the required size and add the filtrate and shake well; keep in a closed bottle. Dose—Teaspoonful three times a day.—[*Am. Drug. Jour.*]

For acute cold in children: Chloride of ammonium (sal-ammoniac) 1 drachm, syrup of squills 3 drachms, syrup of ipecac 3 drachms, camphorated tincture of opium 1 drachm, enough syrup of tolu to make 3 ounces in all. Dose—Teaspoonful every three hours.—[*Atkinson.*]

Kinzey's Cough Cure: Syrup of tolu 4 fluid ounces, syrup of wild cherry bark 16 fluid ounces, tincture of hyoseyamus 2 fluid ounces, syrup of squills 4 fluid ounces, spirits of chloroform 1 fluid ounce, enough water to make 32 fluid ounces. Dose—Teaspoonful three times a day.—[*King's Anal.*]

Karrelli's Indian Cough Cure: Tar 180 grains, sugar 6 ounces, oil of anise 6 drops, chloroform 3 drachms, fluid extract of ipecac 2½ drachms, simple syrup 8 fluid ounces; mix the tar and sugar thoroughly and then add the other ingredients. Dose—Teaspoonful three times a day or more frequently if necessary.—[*King's Anal.*]

For nervous cough: Diluted hydrocyanic acid 1 drachm, tincture of blood-root 4 drachms, syrup of senega 4 drachms, cherry-laurel water 7 drachms, syrup of tolu 2 ounces. Dose—From ten drops to a teaspoonful every four hours, according to the age of the patient.—[*Dr. John Wise in Science of Health.*]

For an irritable cough: Acetanalid 2 drachms, gum acacia 2 drachms, syrup of ipecac 4 drachms, neurosine 6 ounces. Dose—Teaspoonful in a little water every two or three hours until relieved.—[*Amer. Jour. of Med.*]

Take thoroughwort leaves 1 ounce, stick licorice 1 ounce, red buds of sumac 2 small bunches; boil these in a pint of water until the strength is thoroughly extracted; then strain, add 1½ cupfuls of sugar, boil until it is a syrup, and then add the juice of 2 lemons. Dose—Tablespoonful or two as needed.—[*Mrs. C. C. Thorpe in Ladies' Mag.*]

A cough syrup made of very strong hop tea and brown sugar is excellent; if there is tickling in the throat, add a very little cayenne pepper to the syrup—just enough to warm the throat well when you take it.

For cold in the head, there is no better remedy than gelsemium; one good, large dose—say ten drops of the fluid extract—taken upon going to bed, will effectually dispose of this troublesome and uncomfortable ailment. One dose is usually sufficient.—[*Med. Sum.*]

Flaxseed lemonade for colds: Pour 1 quart of boiling water over 4 tablespoonfuls of flaxseed, add the juice of 2 lemons, sweeten with sugar to taste, and allow it to steep for three hours in a covered pitcher. Children like it.

Slippery elm bark tea for colds: Break the bark into small bits, pour boiling water over it, add lemon juice, sweeten to taste, and allow it to stand until cool.

Anise seed, senna and licorice root of each 1 ounce; put into 1 quart of water and steep or simmer until reduced to half; strain and add 1 pint of molasses; boil until it becomes a thick syrup, and while still hot add 1 pint of pure Jamaica rum and bottle. Dose—Dessertspoonful three times a day. This is an excellent cough syrup.—[*Mrs. Margaret Mather in Prairie Farmer.*]

Onion poultice for a cold on the lungs, of either children or adults: Slice onions, fry them in lard or drippings; add boiled flaxseed and cook the two together; sew up in a bag, lay on the lungs and cover with a flannel cloth.

A good liniment for a cold: Take a tablespoonful of lard,

or sweet oil, a teaspoonful of kerosene and a teaspoonful of turpentine, mix well together, and rub well into the skin over the lungs and between the shoulders.

An onion cough syrup: Cut 3 medium sized onions fine, add $\frac{2}{3}$ of a cup of loaf sugar, and half a cup of water (or a cup of extracted honey in place of the sugar and water is better); simmer slowly until the juice is extracted from the onions and strain; there should be 2 ounces of syrup; to this add $\frac{1}{4}$ teaspoonful each of powdered alum and borax mixed, wine of ipecac, listerine and melted butter, and 1 teaspoonful of molasses. Dose—For 6 months' old child, half a teaspoonful; for older children, increase the dose. For severe cases, as in croup, give large doses of this with from ten to thirty drops of wine of ipecac.—[*Mrs. J. C. Morris in Rural Home Mag.*]

For a cold on the lungs, grease a cloth and sprinkle with fine salt and apply to the chest.

Wine of ipecac 3 drachms, syrup of tolu 5 drachms, powdered gum arabic 1 drachm, water 1 ounce; dissolve the gum thoroughly in the water, then add the others. Adult dose—Teaspoonful every hour. In common colds, with tightness on the chest.—[*Dr. Beard.*]

Soften a little fresh lard and while hot add to it an equal quantity of spirits of camphor; pour into a tin box, or open-mouthed bottle, and cool as rapidly as possible, beating all the time, or otherwise the lard will settle to the bottom and the camphor remain on top. For tightness of the chest, rub well with the mixture, and usually only a few applications will be needed. Especially good for children.

If you have a cough, sprinkle a little spirits of turpentine on a rag and hold it to your nose and mouth for a few minutes, breathing the vapor, and note the result.—[*N. Y. Jour.*]

For a troublesome cough, take powdered licorice 1 ounce, raisins 4 ounces, flaxseed 1 teaspoonful, water 2 quarts; boil slowly until reduced to 1 quart; then add rock candy 4 ounces, juice of 1 lemon, and mix well. Drink a tumblerful on going to bed and a little occasionally during the night if the cough becomes troublesome.

A simple remedy for hoarseness and tickling in the throat is made of the white of an egg beaten to a froth in half a glassful of warm, sweetened water.

Severe sore throat is often relieved by sipping sweetened water in which there is a pinch of cayenne pepper.

When a child has a cold and is feverish, wring cloths out of cold saleratus water and lay on the head; it will cool and soothe immediately.

A good cough syrup is made of lemon juice, rock candy, butter and extract of licorice; any amount may be used, and should be melted and well mixed together before placing in the bottle for use.

Well-roasted potatoes hold heat so well that they make a splendid poultice for a quinsy throat when spread on a cloth and applied to the neck; the poultice should be removed as soon as cold and another applied.

A flannel dipped in boiling water and sprinkled with turpentine, and laid on the chest as quickly as possible, will relieve the most severe cold or hoarseness.

The white of an egg mixed with the juice of a lemon and powdered sugar to taste is an excellent remedy for hoarseness; let the mixture slowly dissolve in the mouth.

When a tickling sensation in your throat warns you of the coming of a cough, you will find a tablespoonful of the pulp of a roasted apple taken at night a great relief.

For sore throat, or even asthma, pour a teaspoonful of carbolic acid in a cup of boiling water and inhale the fumes.

A splendid gargle for severe cases of sore throat, which does not burn the throat or lips, and gives almost instant relief, is a mixture of 1 glassful of water, 1 teaspoonful of soda and 8 drops of carbolic acid.

Clear honey and sweet oil warmed together are good to take for loosening a cold; the amount of sweet oil should be proportioned according to the condition of the patient's stomach.

For a sharp, tickling throat cough, a teaspoonful of honey taken every few minutes is very good.

A cold in the head can sometimes be cured by inhaling burnt camphor.

A paroxysm of coughing may be stopped by drinking a tablespoonful of glycerine in a wineglassful of hot milk.

An old-fashioned remedy for sore throat that is said to be quite effective is a nutmeg worn on a silk thread about the neck; the nutmeg can be pierced with a red-hot awl.

In case of a cold on the chest, camphorated oil should be provided; if the baby suffers from such a cold, a piece of thin flannel, wet with the oil and laid on the chest, will prove of immense benefit.

For children's colds: Mix equal parts of lard, coal oil, camphor and turpentine and set it on the stove to come to a boil; then at bedtime, grease the soles of their feet with it, lay a flannel cloth saturated with the preparation on their chest, and put them, warm, to bed; in the morning they will be all right.—[*Dr. Mary Gordon in Home Monthly.*]

A bronchitis mixture: Linseed oil (raw) 3 ounces, sugar candy 4 ounces, sliced lemons 2, cloves 6, cold water 2 pints; put into an enameled saucepan; place over a fire, and after it comes to a boil, allow it to simmer 1 hour, strain, and add 2 wineglassfuls of good whiskey. Dose—Two tablespoonfuls every four hours.

A gargle for all kinds of sore throat or hoarseness: Pour a

pint of boiling water upon 25 to 30 leaves of the common garden sage; let the infusion stand for half an hour; add vinegar sufficient to make it moderately acid and honey to suit the taste. This combination of the astringent and emollient principles seldom fails to produce the desired effect. Gargle several times a day.

For a cold, take an 8-ounce bottle half full of sweet oil, put 10 cents' worth of gum camphor into it, and then fill the bottle with equal parts of turpentine and kerosene; shake well and when wanted for use, pour some into a small dish and warm; rub well into the chest and soak flannel with it and apply.

ASTHMA

"There is no danger of a patient dying from a paroxysm of asthma, so do not get alarmed."—[*Dr. Conwell in Med. Ther.*

Dr. Page says: "Take 2 grains of sodium nitre at one dose, and repeat if necessary; this is the best of all remedies, and will often give relief in three to five minutes."

Make a tea of chestnut leaves, sweeten well, and use as an ordinary drink; it has cured cases, and ten years elapsed without its return.

A strong decoction of hedge hyssop, combined with caraway or anise seed to make it palatable, has relieved many cases by drinking freely of it two or three times a day.

Take mucilage of gum ammoniacum 6 ounces, syrup of squills 4½ ounces. Dose—Tablespoonful when relief is required. It promotes copious expectoration.

Take caraway seeds 4 drachms, sweet fennel seeds 4 drachms; boil in a pint of pure cider vinegar about 20 minutes; take it off the fire, and when cold, squeeze and strain, and by a gentle heat mix with it 1¼ pounds of pure strained honey. Dose—Teaspoonful or two night and morning.

Dr. J. K. Finley, of Pittsburg, recommends this: Oil of tar 1 drachm, tincture of veratrum viride (American hellebore) 2 drachms, simple syrup 2 drachms. Dose—For adults, fifteen drops, three or four times a day.

A cup of strong coffee will sometimes modify an attack.

"Hoffman's Anodyne" in the ordinary dose may be tried; can be bought at any druggist's.

Try this: Wine of ipecac and tincture of lobelia equal parts; mix and take half a teaspoonful every thirty minutes.

Or this: Tincture of lobelia 1 ounce, tincture of belladonna 1 drachm, syrup of squills 2 ounces, syrup of tolu 2 ounces. Dose—Teaspoonful every hour until relieved.—[*Dr. Bartholow.*

Or this: Iodide of potassium 6 drachms, fluid extract of belladonna 2 fluid drachms, fluid extract of lobelia 4 fluid drachms, fluid extract of grindelia robusta 1 ounce, glycerine 3

fluid ounces, distilled water 3 fluid ounces. Dose—Tablespoonful every two, three or four hours, as may be necessary.—[*Dr. Bartholow*.

Or this: Iodide of potassium 3 drachms, aromatic spirits of ammonia 2 fluid ounces, tincture of belladonna 1 fluid ounce, tincture of cinchona compound 4 fluid ounces, peppermint water 9 fluid ounces. Dose—Teaspoonful after each meal.—[*Sou. Med. Jour.*

Or this cheap, simple remedy: Castor oil 2 ounces, best honey 4 ounces. Dose—Teaspoonful night and morning.

Extract of cannabis indica 10 grains, oxide of zinc 25 grains, quinine 10 grains; make into a mass with a little mucilage of gum arabic and divide into 20 pills. Dose—A pill one, two or three times a day as required.—[*Dr. C. W. Gleason*.

Try this: Elecampane, angelica, comfrey and spikenard roots, with horehound tops, of each 1 ounce; bruise and steep in honey 1 pint. Dose—Tablespoonful, taken hot every few minutes until relief is obtained, then several times a day until a cure is effected.

Boil 2 ounces of good licorice-root in 3 pints of water down to a quart, and when it has cooled down to a blood warmth add 4 drachms of salts of tartar (bicarbonate of potassa). Dose—Two tablespoonfuls every two or three hours. Considered almost a specific in moist asthma.

Take 2 good handfuls of coltsfoot leaves, 1 ounce of garlic and 2 quarts of water, boil down to 3 pints; strain, and to the liquor add 8 ounces of loaf sugar; boil gently for ten minutes. Dose—Half a cupful occasionally.

Take iodide of potassium 3 drachms, "Fowler's Solution" 2 drachms, "Hoffman's Anodyne" 4 ounces, tincture of belladonna 4 drachms, spirits of orange enough to make 12 ounces in all. Dose—Two tablespoonfuls in water an hour after meals.—[*Dr. Conwell's Med. Ther.*

Tincture of lobelia 1 ounce, iodide of ammonia 2 drachms, bromide of ammonia 3 drachms, syrup of tolu 3 ounces. Dose—Teaspoonful every one, two, three or four hours as occasion may require.—[*Dr. Conwell*.

Tincture of lobelia 1 ounce, tincture of belladonna 1 ounce, tincture of tolu 1 ounce, chloroform 1 drachm, diluted alcohol 4 ounces; fill an inhaling bottle half full and inhale.—[*Dr. C. W. Gleason*.

Dr. Parker in *Med. Review*: Tincture of lobelia 1 drachm, iodide of ammonium 2 ounces, bromide of ammonium 4 ounces, syrup of tolu 3 drachms. Dose—Teaspoonful every one, two, three or four hours. This has the same ingredients as Dr. Conwell's formula, but in different proportions.

Fluid extract of snake-weed (*Euphorbia pilulifera*) and glycerine equal parts. Dose—Teaspoonful as needed.—[*Dr. Jankins*.

Iodide of potassium 4 drachms, spirits of lavender compound

4 drachms, fluid extract of conium (hemlock) 2 drachms, water 8 ounces. Dose—Teaspoonful three or four times a day.—[*G. C. Cheney, Boston, Mass.* Claims to have cured thousands of cases with this formula.

Powdered elecampane-root 2 drachms, powdered licorice-root 4 drachms, flowers of sulphur 4 drachms, powdered anise seed 4 drachms, powdered sugar candy 4 ounces; make into pills with sufficient tar. Take four large pills when retiring. Also splendid for shortness of breath.

Fluid extract of grindelia 60 parts, fluid extract of ipecac 1 part, fluid extract of elecampane 3 parts, nitre (saltpetre) 5 parts, camphor 1 part, simple syrup 170 parts. Dose—Half to one tablespoonful every hour during the paroxysms, or every three hours to prevent its recurrence.—[*Dr. C. Jamieson in Med. Sci.*

Take grindelia 8 drachms, jaborandi 8 drachms, eucalyptus 4 drachms, digitalis 4 drachms, cubebs 4 drachms, stramonium leaves 16 drachms, cascarilla bark 1 drachm, saltpetre 12 drachms; powder all the ingredients finely and mix thoroughly; burn from a fourth to a half teaspoonful and inhale the smoke or use it in a pipe, as given for the powders that follow. Said to be one of the best remedies of this character.

Iodide of potassium has cured many bad cases of asthma by taking doses of five grains three times a day; put 1 drachm of the iodide into a vial and add 32 teaspoonfuls of water. Dose—Teaspoonful of the mixture in half a gill of water three times a day.—[*S. A. Judd, M. D.*

Powder for smoking: Take 1 ounce each of the leaves of stramonium, sage, belladonna and digitalis, make into a coarse powder; mix, and add 1 ounce of powdered saltpetre; may be smoked through a new clay pipe and the smoke inhaled, or a small amount may be placed on a plate, ignited, covered with some sort of hood so as to convey the smoke to the mouth; if it burns too freely dampen the mixture with water.

Here is another: Take 2 ounces each or equal parts of the leaves of belladonna, stramonium and lobelia; mix, and grind in an old coffee mill, and to the powder add an equal quantity of saltpetre; use in same manner as the powder above.

Another: Stramonium leaves 5 ounces, belladonna leaves 5 ounces, saltpetre 1 ounce, opium 2 drachms; pulverize all fine separately and then mix well; burn a little and inhale the smoke.—[*Dr. Kramer in Rural Home Jour.*

Or this one: Stramonium leaves 8 ounces, green tea dust 8 ounces, lobelia leaves 3 ounces; mix together well and wet up with a saturated solution of nitrate of potassium; dry thoroughly and keep in a closed can; inhale the smoke from a teaspoonful of the powder while burning.—[*Dr. W. T. Plant, Syracuse, N. Y.*

Try this: Stramonium leaves 4 ounces, mullein leaves 4 ounces, lobelia leaves 2 drachms, cascarilla bark 4 drachms; pulverize or

cut fine like smoking tobacco and make into cigarettes, or may be smoked in a pipe; also good for catarrh.

Or this: Stramonium leaves 8 drachms, anise seed 4 drachms, saltpetre 4 drachms; powder, mix and use same as any of the others foregoing.

Cigarettes for asthma: Soak blotting paper in a solution of saltpetre and dry; then brush over with tincture of cascarilla, and, when nearly dry, with compound tincture of benzoin; in about half an hour, cut it into pieces $1\frac{1}{2} \times 4$ inches, and roll into cigarettes; smoke them and inhale it. Excellent also for loss of voice, hoarseness, etc.

Pastilles for asthma: Arsenic 1 part, opium 1 part, water hemlock seed 1 part, stramonium leaves 10 parts, belladonna leaves 10 parts, gum benzoin 10 parts, gum tragacanth 2 parts—all by weight; pulverize all very fine, mix and form into a mass with water; then make into candles, cone-shape; burn and breathe the smoke.—[*Ohio Med. News.*]

CATARRH

During the past few years no class of diseases has attracted more attention than affections of the nasal passages. There is no disease more common, more neglected, and often more difficult to cure than catarrh. It is common, because all alike are exposed to sudden changes in temperature; neglected, because it is rarely severe enough at first to interfere with daily duties; and difficult to cure, because usually it is allowed to become chronic before treatment is begun. There seems to be a natural predisposition to the disease. Nasal catarrh is one of the most frequent affections in this country, so much so that it has been estimated that out of any 1,000,000 inhabitants of the United States, 990,000 suffer therefrom, and this average is even greater in some localities. This inflammation often extends itself upwards behind the palate into the cavity of the nose, causing nasal catarrh; downwards into the larynx, causing hoarseness and laryngial catarrh; and finally into the bronchial tubes, causing bronchial catarrh or bronchitis.

Catarrh remedies are among the most salable goods on the druggist's shelves, and their sale is greatly on the increase; physicians are making the study and treatment of this class of diseases a specialty, and most medical schools are adding this special study to their curriculums. Books are being written on the subject, and no department of medical science is more inviting than the treatment of catarrhal affections.

The first or acute stage of catarrh in every respect resembles a common cold. The lining membrane of the nose, mouth and throat becomes red and congested, giving rise to a thin, watery discharge, which is often so irritating as to make the lips and nose

extremely sore and tender. Chilliness, coated tongue, loss of appetite, headache, sore throat, cough—all or either—may be present.

Unless the victim of acute catarrh is promptly relieved in the first stage the patient finds that, although the discharge may be lessened, the nasal obstruction still continues, especially when exposed to cold or damp; the discharge becomes thicker, and it is more and more difficult to keep the passages clear; a “nasal” tone takes the place of the customary tone and the breath is drawn through the mouth; the mucous membranes of the nose and throat are thickened and of a dark-red color; stringy mucus is hawked with difficulty from the throat.

The cough, which is the result of the catarrhal condition as it extends to the throat and bronchial tubes, is an exasperating, hacking one, with a limited amount of expectoration; there is, generally, a tickling sensation in the throat, worse in the morning, but apt to be more or less troublesome at any time of day or night.

The character of the cough changes as the catarrh reaches the lungs, when it becomes like the cough peculiar to consumption.

Some cases recover without any treatment, but it is extremely dangerous and foolish to run such risks; if no attention is paid to the acute stage it either sets up bronchitis, pneumonia, consumption, or some other disease develops.

The following mixture will be found excellent to cleanse the nostrils: Equal parts of chlorate of potassium, common table salt and borax; dissolve and use one tablespoonful in each douche of water; when the nostrils are stopped, the liquid can often be snuffed from the palm of the hand.

“Dobell’s Solution” is an excellent preparation for the atomizer, and is made as follows: Borax 2 drachms, bicarbonate of soda 2 drachms, carbolic acid 60 drops, glycerine 2 ounces, water 1 pint.

Local applications often prove beneficial, but most of the catarrh snuffs, ointments, etc., found on sale at drug stores are positively harmful. Most of them are simply irritants, which produce sneezing and may dislodge accumulations, but they are sure to do harm. The following, snuffed up the nose three or four times a day, will be found useful: Subnitrate of bismuth 2 drachms, borax 1 drachm.

For nasal catarrh, dissolve a teaspoonful of boracic acid powder and a teaspoonful of salt in half a pint of boiling water; use about three times a day, lukewarm, by pouring a little into the palm of the hand and drawing it up through the nostril.

For acute catarrh: Tincture of iodine 1 ounce, carbolic acid 2 drachms; place a small, wide-mouthed bottle, containing a moistened sponge, in a vessel of hot water; drop five to ten drops of the solution on the sponge, and as the iodine vapor ascends with the vapor of the water, inhale it.—[*Dr. Bartholow.*]

Try this: Iodine 6 grains, iodide of potassium 10 grains, water 1 pint; inject a syringe up into the nose, behind the palate.

Dr. Fritsche recommends taking 4 grains of salicylic acid five or six times daily, in intervals of two or three hours, and to use the following mixture for smelling: Glacial acetic acid 2 drachms, carbolic acid 2 drachms, oleobalsamic acid mixture 8 drachms, tincture of musk 1 drachm; pour a small quantity on cotton in a wide-mouthed bottle and apply to each nostril alternately for about ten minutes, at every half hour at first, and as relief comes lengthen the intervals; but the treatment should be continued for several days.—[*Berl. Klin. Wochenschr.*]

Take equal parts of powdered white sugar, camphor, saltpetre and common salt, powder all very fine, mix thoroughly and use as a snuff.

Pure carbolic acid 1 drachm, glycerine 4 drachms, fluid extract of stramonium 1 drachm, distilled water 2 drachms; dilute 1 drachm of this mixture with 8 ounces of water and use with a nasal douche.

Witch hazel leaves 3 parts, blossoms of sweet marjoram 1 part, lavender blossoms 1 part; finely powder them, mix, and use as a snuff.

Powdered blood-root, powdered peruvian bark and powdered bayberry bark of each equal parts; mix, and use as a snuff.

Catnip, horehound and hops of each 1 ounce; boil in 2 quarts of vinegar and inhale the fumes.

Chlorate of potash 1 drachm, tepid water 1 pint; used with a nasal douche for all stages of catarrh, but especially in the acute form.

Carbolic acid 5 drops, tepid water 1 pint; used with a nasal douche for chronic catarrh.

Common table salt 1 ounce, tepid water 1 pint; used with a nasal douche in all stages of catarrh.

Carbolic acid 2 drachms, alcohol 10 drachms, strong solution of ammonia 3 drachms, distilled water 1 ounce; place a few drops on blotting paper in the palm of the hand and inhale (closing the eyes) from it strongly as long as any smell remains; keep the mixture well corked in a dark glass bottle.—[*Dr. King.*]

Boric acid 2 grains, aristol 2 grains, salicylate of bismuth 2 grains, chloride of sodium 20 grains, slippery-elm bark 100 grains; all should be very finely powdered, well mixed, and sifted so as to get out all coarse particles, and render it light and fluffy, which can be done through bolting cloth; use as a snuff.—[*Prac. Drug.*]

Menthol 6 grains, powdered boracic acid 2 drachms, subnitrate of bismuth 3 drachms, powdered gum benzoin 3 drachms; powder all very fine and thoroughly mix; use as a snuff in acute cases. A good-sized pinch may be snuffed up five or six times a day; if desired, 1 grain of morphine and 30 grains of calomel may be added to the mixture, the addition apparently increasing its efficacy in certain cases.—[*Prof. Tissier.*]

Cubeb berries have long been recommended for catarrhal con-

ditions, so much so that there is a cigarette to be found in drug stores made of pulverized cubebs; they are more convenient to use than the cubeb berry. If, however, you want to smoke the cubeb berry straight, you can get some of them at the drug store, crush them with a rolling pin, and mingle them with pulverized catnip leaves; inhale the smoke, allowing it to pass out through the nose.

Eucalyptol 4 grains, menthol 16 grains, white petrolatum 5 drachms; melt the latter over a water bath, in which then dissolve the menthol, and remove from the fire; when nearly cold add the eucalyptol and beat into an ointment; to use, insert a small amount up the nostrils.—[*Prac. Drug.*

Iodide of potassium 5 to 10 grains, eucalyptol 1 to 5 drops—one dose; repeat three times a day in dry bronchial catarrh.—[*Memphis Med. Monthly.*

Aristol 10 grains, phenol (carbolic acid) 5 grains, camphor 10 grains, petrolatum enough to make 1 ounce in all; melt the phenol and in it dissolve the aristol; then unite the two and allow it to cool; to use, introduce a little up the nostrils.—[*Prac. Drug.*

Citrine ointment 1 drachm, extract of belladonna 10 grains, prepared lard 1 ounce; make into an ointment; apply a little to the inside of the nostrils at bedtime with the finger.—[*Dr. Gleason.*

Try snuffing powdered borax up the nostrils for catarrhal cold in the head.

Take Scotch snuff and cayenne pepper in equal parts, and add enough oil of tar to make a mass; dry and powder into fine dust; use as a snuff seven or eight times a day. Then get carbolated glycerine of your druggist and use five or six times a day by moistening a finger with it and inserting it in each nostril; this will prevent soreness. This formula has been tested hundreds of times with gratifying results.—[*Amer. Jour. of Med.*

Hydrastis 1 ounce, distilled witch hazel 1 ounce, water 2 ounces; use with an atomizer twice a day. In catarrh of the head.

Smoke dried mullein leaves in a new clay pipe, breathing the smoke low down in the throat and puffing it out through the nostrils. It soothes the inflamed membrane.

Powdered chloride of ammonium 1 ounce, common table salt 2 ounces; a teaspoonful of this in a tumbler of hot water is to be snuffed up the nose twice a day, particularly in those cases where there is deafness.

Hydrastis 2 ounces, powdered boracic acid 1 drachm, water 14 ounces; use with nasal douche, or better, spray apparatus, three times a day. For nasal catarrh.

Carbolic acid 1 scruple, borate of sodium 1 drachm, bicarbonate of sodium 1 drachm, glycerine 1 ounce, rose water 1 ounce, water enough to make 1 pint in all; use as a spray.—[*Prof. Leffert.*

Take pulverized cubebs 2 ounces, powdered chamomile flowers 2 ounces; mix well together, put a small portion into a new clay pipe and smoke it two or three times a day, drawing the smoke back into the throat and puffing it out through the nose.

In the catarrh of infants, where the secretions from the bronchial tubes are excessive, take powdered alum 30 grains, syrup of red poppy petals 3 drachms, water enough to make 2 ounces in all. Dose—Teaspoonful every two or three hours.—[*Phil. Med. Rep.*]

As a wash and injection for the nasal cavities, let the following be thrown well up the nose with a syringe three or four times a day: Hyposulphite of sodium 2 ounces, carbolic acid 3 drachms, distilled water 16 ounces, glycerine 4 drachms; shake until thoroughly mixed before using each time.—[*Dr. John Wise, Am. Med. Coll.*]

Extract of hemlock spruce (*pinus canadensis*) 40 drops, glycerine 1 drachm, water 2 pints; use with a post-pharyngeal syringe.

Powdered loaf sugar 4 drachms, powdered borax 2 drachms, powdered common table salt 2 drachms, oil of peppermint 4 drops; mix and triturate thoroughly; to be used as a snuff several times a day.

Subnitrate of bismuth 3 drachms, powdered gum arabic 1 drachm, muriate of morphia 1 grain; mix thoroughly and use as a snuff in catarrh of the back part of the nasal cavity.

Subcarbonate of bismuth 3 drachms, powdered starch 1 drachm, muriate of morphia 1 grain; powder all very fine and mix thoroughly. This is an excellent catarrh snuff, has been used largely by physicians everywhere and gives good satisfaction.

Carbolic acid crystals 30 grains, borax 2 drachms, phosphate of soda 2 drachms, tannic acid 2 drachms, glycerine 4 drachms, water 12 drachms; stir one or two teaspoonfuls in a glass of water and use as a gargle early in the morning and two or three times during the day. For chronic catarrh attended with irritated throat and cough. It will often relieve the cough of nasal catarrh better than anything else.

A decoction of coltsfoot herb, made by boiling 1 to 2 ounces in a quart of water down to a pint, and taken in teacupful doses several times a day, is recommended in catarrh as well as for bronchitis.

Sage's Catarrh Cure—Powdered hydrastis (golden seal) 1 ounce, common table salt 10 grains, borax 10 grains.—[*King's Anal.*]

Hufeland's Anti-Catarrh Elixir—Extract of blessed thistle 60 parts, extract of bittersweet 20 parts; dissolve them in 480 parts of fennel water and 60 parts of bitter almond water. Dose—Teaspoonful four times a day.—[*Hager's Anal.*]

Cohen's Gargle for Catarrh—Ammoniated tincture of guaiacum 2 drachms, compound tincture of cinchona 2 drachms, clarified honey 6 drachms; mix and add saturated solution of chlorate of potassium enough to make 4 ounces in all; shake well; use enough of it for a gargle every hour or two, or less frequently. Dr. Cohen claims it to be not only the best possible gargle for catarrh of the throat but also in all kinds of sore throat, pharyngitis and tonsillitis.

Ely's Cream Balm—Carbonate of bismuth 15 grains, thymol 3 grains, oil of wintergreen 3 drops, vaseline 1 ounce.—[*Jour. of Med.*]

Internal Catarrh Remedy—Powdered gentian 1 ounce, powdered buchu 4 drachms, powdered uva ursi (bearberry) 4 drachms, powdered hydrastis (golden seal) 4 drachms, saccharin 15 grains, iodide of potassium 100 grains, powdered senna $\frac{1}{2}$ grain, alcohol 4 drachms, aromatic elixir enough to make 16 ounces in all; dissolve the saccharin in the alcohol and add to it about 5 ounces of the aromatic elixir, in which the potassium iodide has previously been dissolved; now add the powdered drugs, unite all and macerate for seven to ten days with frequent shaking, finally filtering; pass through the filter enough to make 1 pint in all—16 ounces. Dose—One to two teaspoonfuls an hour before each meal and again at bedtime, if thought necessary.—[*Dr. H. C. Bradford in Bulletin of Pharm.*]

Coupard's Treatment for Catarrh—Hydrochlorate of cocaine 15 centigrams, menthol 25 centigrams, boric acid 2 grams, coffee (roasted and finely pulverized) 50 centigrams; to use, take five or six good pinches, as a snuff, half a dozen times a day.—[*Dr. Coupard in Monde Therapeutique, Paris.*]

Dr. Templeton's Catarrh Treatment—Bicarbonate of sodium 4 drachms, common salt 4 drachms, carbolic acid 30 drops, distilled water enough to make 1 pint; use enough of this mixture with an atomizer to cleanse the cavity thoroughly. Then medicate with chlorate of potassium 4 drachms, glycerine 1 ounce, tincture of iodine 4 drachms, distilled water enough to make 4 ounces in all; atomize two to four times a day. If the odor is very offensive, take permanganate of potassium 20 grains, distilled water 4 ounces; atomize morning and evening, using the iodo-carbolate solution also two or three times during a day.—[*Prac. Drug.*]

King's Inhalant for Catarrh—Tincture of opium 1 ounce, tincture of benzoin 1 ounce, diluted alcohol 6 ounces; fill an inhaling bottle half full, and inhale three times a day, through the nose.

Catarrhine—Chlorate of potash 40 parts, iodide of ammonia 2 parts, carbolic acid crystals 8 parts, camphor 8 parts, chloride of sodium 120 parts, fluid hydrastis 160 parts, sulphate of morphia $\frac{1}{2}$ part, distilled witch hazel 1920 parts, distilled water 1920 parts—all by weight.

HAY FEVER

Hay fever, hay asthma, rose cold, or summer catarrh, is a disorder peculiar to a not very large number of persons, most of whom have otherwise fair health. It prevails in many places during the spring, summer and autumn. Pollen of flowers, seeds of grasses, dust of different kinds, etc., in the atmosphere, have been

supposed to have something to do with it; but its causation is as obscure as its cure is difficult. Indeed, it may be confessed that the art of medicine is, so far, mostly baffled by it. It is no doubt caused, however, by some atmospheric irritation not yet understood.

It is claimed by some authorities that washing out the nose with a douche, several times a week, and the free use of quinine, will have a tendency to lessen the severity of the disease.

Sneezing may be prevented by using a smelling bottle containing weak ammonia.

The best treatment for hay fever is a change of air—to the seaside, if possible. During the attacks use antispasmodics, such as sal-volatile, ether, or an emetic if the patient is able to bear it; inhalations of hot steam medicated with creosote, carbolic acid, or turpentine, will be found useful. When the attack passes off the general health should be improved by tonics, diet, etc.—[*Am. Jour. of Ther.*]

Inhaling the spirits of camphor seven or eight times in five minutes is recommended by many authorities.

Dr. Lennox Wainwright (in the *British Med. Jour.*) has found menthol, mixed with carbonate of ammonium and used as smelling salts, the most useful remedy in hay fever; the patients say all irritability disappears, and in many cases they get no return of the malady.

Vapor of camphor and steam is recommended. The vapor is made to come in contact with the outer surface of the face, surrounding the nose by means of a paper cone placed with the narrow end downward in a vessel containing hot water and a drachm of coarsely powdered or shredded camphor. If this is continued ten to twenty minutes at a time, and repeated four or five times in as many hours, a cure is usually effected.—[*Ther. Gaz.*]

Tincture of aconite-root 3 fluid drachms, glycerine 5 fluid drachms; apply to the outside of the nose.—[*Dr. Ringer.*]

Ointment for Hay Fever—Muriate of cocaine 5 grains, thymol 5 grains, subcarbonate of bismuth 20 grains, vaseline 2 ounces; make into an ointment and apply frequently up the nostrils.—[*Prac. Drug.*]

Hay Fever Snuff—Powdered boracic acid 2 drachms, salicylate of sodium 160 grains, hydrochlorate of quinine 4 grains; mix thoroughly and use as a snuff.—[*Jour. of Med.*]

Webber's Hay Fever Remedy—Extract of hyoscyamus 24 grains, iodide of potassium 2 drachms, extract of licorice 1 ounce, anise water 9 ounces. Dose—Dessertspoonful every four hours until relieved.—[*King's Anal.*]

Terrill's Hay Fever Snuff—Quinine 40 grains, powdered gum arabic 3 drachms, subnitrate of bismuth 3 drachms, morphia 6 grains; use as a snuff; sneezing should be avoided if possible and the nose should not be blown hard.

WHOOPING COUGH

Whooping cough may be recognized in the early stages sometimes (before the cough has become characteristic) by the patient's dread of light, inability to bear the light, and by the dilation of the pupil of the eye.

The severe paroxysms of coughing, that sometimes result in such a serious matter as rupture, may be largely ameliorated if the child is old enough to be reasoned with. Endeavor to impress upon it the necessity of self-control and of expectorating the phlegm raised; the spasms will not be so severe or last so long with a child thus taught self-control as with one who is of a nervous, hysterical temperament, who is allowed to give way to its feelings and become frightened with each fit of coughing.

Dr. Conwell in *Pop. Med. Knowledge*: "A child with severe whooping cough should be given but little food at a time, and that just after a paroxysm; milk, in which is put a little lime-water, is a very desirable food."

Coltsfoot 1 ounce, rock candy 1 ounce, water 1 pint; boil down to half a pint. Give freely in teaspoonful doses.—[*N. E. Jour. of Med.*]

"Try a teaspoonful of linseed oil and honey, equal parts, mixed together, and take twice a day; in some cases three times a day. I have seen this simple remedy used successfully with a large family of children, while all the prescriptions from the doctors failed entirely."—[*Sadie Warren in West. Rural.*]

Solid extract of belladonna 2 grains, powdered alum 1 drachm, mucilage of acacia 2 ounces, syrup of squills 1 ounce, simple syrup enough to make 8 ounces in all. Dose—Teaspoonful every four hours for 8-year-old child.—[*London Clinic.*]

Hydrate of chloral 1 drachm, bromide of potassium 2 drachms, syrup of wild cherry bark 1 ounce. Dose—Teaspoonful three times a day.—[*Dr. Kingsley.*]

A strong tea made of the blossoms of red clover is highly recommended.

A kerosene lamp kept burning in the bed-chamber at night is said to lessen the cough and shorten the course of the disease.

Monobromate of camphor 48 grains, mucilage of acacia 2 ounces, syrup of tolu 2 ounces. Dose—Teaspoonful three times a day.—[*Dublin Univ. Hosp.*]

Diluted nitric acid 1 drachm, tincture of belladonna 16 drops, distilled water 4 ounces, simple syrup 4 ounces. Dose—Teaspoonful every hour for 2-year-old child.—[*Phila. Hosp.*]

Bromide of potassium 3 drachms, tincture of belladonna 2 drachms, syrup of wild cherry bark 6 ounces. Dose—Child of 10 years, teaspoonful every four to six hours; child of 5 years, one-half the amount. Given to lessen the paroxysms.—[*Chi. Med. Rev.*]

Bromide of potassium 30 grains, simple elixir 2 ounces. Dose—Teaspoonful three times a day.—[*Dr. Betzer in London Lancet.*]

Take 15 to 60 drops of the fluid extract of chestnut leaves in a little hot water every three or four hours.—[*A. C. Mitchell, M. D.*]

Diluted nitric acid 1 drachm, syrup of wild cherry bark 4 drachms, water to make 2 ounces in all. Dose—Teaspoonful for child 5 years old every three or four hours, diluted with water.—[*Dr. C. Harter in Sou. Med. Rev.*]

Equal parts of cod-liver oil, strained honey and lemon juice. Dose—Teaspoonful as often as necessary.—[*Dr. Wesley.*]

Pulverized alum 60 grains, water 4 ounces, honey enough to sweeten. Dose—Teaspoonful every three hours.—[*Chi. Home Jour.*]

Iodide of silver 30 grains, syrup of ipecac 1 ounce, syrup of wild cherry bark 4 ounces. Dose—Teaspoonful every three or four hours.—[*Phila. Med. and Surg. Jour.*]

Iodide of silver 6 grains, tincture of aconite-root 1 drop, syrup of ipecac 1 drop, syrup of garlic 1 drop, mucilage of gum arabic 2 ounces. Dose—Teaspoonful every three or four hours.—[*Phila. Med. and Surg. Jour.*]

Fluid extract of conium (water hemlock) 5 drops, infusion of cinchona 1 ounce, fluid extract of opium (aqueous) 5 drops; make one dose; take three times a day.—[*Tilden's Formulas.*]

Fluid extract of opium (aqueous) 15 drops, wine of ipecac 1 drachm, carbonate of soda 24 grains, simple syrup 3 drachms, water 1 ounce. Dose—For a child, one-sixth part of this amount every four to six hours, according to necessity.—[*Tilden's Formulas.*]

For a child 27 months old, with whooping cough, Prof. Atkinson ordered: Tincture of belladonna 30 drops, mixture licorice compound (brown mixture) 3 fluid ounces. Dose—Teaspoonful every three hours.—[*King's Med. Presc.*]

Syrup of squills and syrup of ipecac, equal parts, in teaspoonful doses, have often given good results.

Dissolve 1 scruple of salts of tartar in 4 ounces of water, add 8 drops of laudanum, and sweeten it with sugar. Give to an infant one teaspoonful four times a day; 2 years old, two teaspoonfuls; 4 years old, one tablespoonful.

Take onions and garlies, sliced, of each 1 gill, sweet oil 1 gill; stew together, in a covered dish, until the strength is extracted; then strain and add honey 1 gill, paregoric 4 drachms, spirits of camphor 4 drachms; bottle and cork tightly. Dose—For a child of 2 or 3 years, one teaspoonful three or four times a day, or whenever the cough is troublesome, increasing or lessening according to age.—[*Chase's Formulas.*]

Try teaspoonful doses of milk of asafoetida every three hours.

Or, take oil of amber and spirits of hartshorn, equal parts, and apply to the soles of the feet and palms of the hands morning, noon and night.

Or, take of musk julep 6 ounces, paregoric elixir 4 drachms,

volatile tincture of valerian 1 drachm. Dose—Two teaspoonfuls three or four times a day.—[*Chase's Formulas*.]

Hydrocyanic acid 6 drops, extract of belladonna 2 grains, paregoric elixir 3 drachms, syrup of tolu 1 ounce, water 3 ounces. Dose—Teaspoonful three or four times a day.—[*Dr. Valentine Mott*.]

Or, pure carbonate of potassium 1 scruple, cochineal 1 grain, water sweetened with sugar 6 ounces. Dose—For a child 4 years old, one teaspoonful three times a day, to be taken before meals. This is an excellent remedy.

Or, half teaspoonful doses of syrup of ipecac.

Or, half teaspoonful doses of syrup of squills.

Or, dissolve 1 drachm of pulverized alum in 4 ounces of water, sweeten with honey, and give a teaspoonful every three hours.

Codeine 1 grain, fluid extract of grindelia robusta 2 ounces, fluid extract of evening primrose 1 ounce, syrup of extract of licorice 2 ounces. Dose—Teaspoonful after each paroxysm of coughing to a child 2 years old.

Boil 5 cents' worth of flaxseed in a quart of water until reduced to a pint; strain and add the juice of 2 lemons and a cup of loaf sugar. Give a teaspoonful frequently. It will also be found good for the cough left by the Dutch measles.—[*Mrs. Polly Parker in Rural New Yorker*.]

Daley's Whooping Cough Syrup—Strongest West India rum 1 pint, oil of anise 2 ounces, honey 1 pint, lemon juice 4 ounces. Dose—For children, one teaspoonful with as much sugar and water.

Roche's Embrocation for Whooping Cough—Olive oil 2 ounces, oil of amber 1 ounce, oil of cloves 1 drachm; rub on the chest at bedtime.

Atlee's Cure for Whooping Cough—Powdered cochineal 1 drachm, stronger ammonia water 1 drachm, rectified spirits of wine 1 ounce. Dose—Child 1 year old, ten drops in sweetened water three times a day.—[*Dick's Encyc.*]

SPASMODIC OR NIGHT CROUP

Croup, of all the affections of children, may well be designated as the midnight terror of parents, and its attendant deep, hoarse, rasping cough once heard will ever after be readily recognized. When attacked, the child speaks in whispers, and sometimes gasps for breath, so difficult does the breathing become. It occurs most commonly when an east wind is blowing, and is caused by a sudden chilling of the body, getting the feet wet, or any other way of getting a sudden cold.

There are two kinds of croup—the spasmodic and the diphtheritic or membranous.

The spasmodic croup comes on suddenly and violently, and therefore causes the more fright to parents, though it is less dangerous. It is caused by simple inflammation in the upper part of the windpipe, and not more than one case out of ten thousand fails to recover under proper treatment.

Diphtheritic croup, or membranous croup, on the other hand, comes on gradually, with slight hoarseness and cough. The hoarseness increases for two to four days, until the voice is lost in a whisper; the breathing becomes more and more difficult every hour, though very slowly, and up to this time the child plays around as usual. This kind of croup is caused by a lining forming in the upper part of the windpipe; this lining gradually thickens until the air passage is almost entirely closed, unless relief is obtained. When the air passage gets so nearly closed the child smothers and dies. This croup, being diphtheritic in its character, is often contagious, and the best doctor you can find should be called at once.

These formulas are given only for the spasmodic variety:

Powdered chlorate of potassium 1 drachm, iodide of potassium 1 drachm, fluid extract of ipecac 1 drachm, balsam of copaiba 1 drachm, mucilage of acacia 2 ounces. Dose—Half a teaspoonful every three or four hours.—[*Dr. Fennimore in Med. Sci.*]

Syrup of ipecac 9 drachms, syrup of squills comp. 12 drachms, camphorated tincture of opium 2 ounces. Dose—Half a teaspoonful every three or four hours.—[*Dr. Danglison.*]

Turpentine is a sovereign remedy for croup; saturate a piece of flannel with it, and place the flannel on the chest and throat, and in very severe cases three to five drops on a lump of sugar may be taken inwardly.

Rectified oil of turpentine 2 drachms, oil of sweet almonds 5 drachms, simple syrup 10 drachms, mucilage of acacia 20 drachms, yolk of 2 eggs, canella water sufficient to make 6 ounces in all. Dose—Teaspoonful every hour for a child of 10 years.—[*Dr. Lewentauer.*]

Try "Coxe's Hive Syrup" given under another heading. Dose the same.

Vinegar taken in half teaspoonful doses is a well-known household remedy.

A sure cure for croup is to boil pigs' feet in water without salt, and allow it to stand over night; in the morning skim off the fat, put into a tin pan, and boil until all the water is evaporated; bottle and keep for use. Dose—Teaspoonful every fifteen minutes on the appearance of the first symptom, and apply to the throat and chest freely, rubbing well.

Take equal parts of goose grease and urine, and after thoroughly mixed, give in teaspoonful doses; a certain cure if taken in time.—[*Mrs. T. A. Clark in Motherland.*]

Powdered chlorate of potassium 1 drachm, strained honey 1

ounce, simple syrup 2 ounces, mucilage of acacia enough to make 4 ounces in all. Dose—Teaspoonful as often as necessary to relieve the hard breathing.—[*Cin. Hosp. Notes*.]

A mixture of mustard, lard and kerosene, in equal parts, rubbed on the throat freely, with the hand, together with a hot mustard foot-bath, will be found beneficial in the first stages.

For cases that do not readily yield, wring the end of a towel out of water as hot as the hand can bear and apply to the throat, wrapping the dry part of the towel over it to keep in the heat. This can be repeated every five minutes until relieved; then dry well, and the mixture of mustard, lard and kerosene used as given above.

The well-known remedies of lard and alum, or lard and sugar, or molasses and soda, may fail to produce vomiting sufficient to throw off the accumulation of phlegm; in such cases, a few doses of ipecac, measured by a physician and kept sealed in a wide-mouthed bottle, will prove a friend in need.

“Outward applications of lard, fried onions, hot bricks, flannels and blankets, and a warm room, are all necessary; it is easier to prevent croup than to cure it. If a child is at all disposed to the disease be sure that its feet are kept dry, always; another thing—and do not laugh at this as a superstition until you have tried it—keep a black silk cord tied about the little one’s neck all the time.”—[*Mrs. Rose Martin in Rural World*.]

Onion syrup made in the following manner will relieve the congestion in cases of croup: Cut several raw onions into slices, sprinkle the slices with granulated sugar and squeeze out the juice. Dose—Teaspoonful every fifteen minutes until relief is obtained. Useful also in bronchitis.

“Dr. Bouilley’s Syrup” has this formula: Fluid extract of ipecac 2 drachms, fluid extract of cinchona 1 ounce, fluid extract of opium 1 drachm, syrup 6 ounces. Dose—From one to four teaspoonfuls frequently, according to age.

Try this: Squills 1 ounce, seneca snakeroot 1 ounce, water 1 pint; boil down one-half, and then add clarified honey $\frac{1}{2}$ pound, tartrate of antimony 12 grains; mix. Dose—Ten drops to a teaspoonful, for a child, according to age. This is a celebrated remedy in croup, and may be advantageously used in other affections of the lungs.

STOMACH TROUBLES

The stomach is a hollow muscle somewhat similar in its structure to the heart. The muscle layers are so arranged as to permit the organ to contract in any direction. At the two ends of the stomach there stand two strong muscles, called sphincters. One of these is at the end of the stomach into which the food passes.

The object of this muscle is to prevent one from spitting up his food. This muscle is poorly developed in babies, and, in consequence, they frequently spit up their milk. If they overdistend their stomachs, the excess unloads into the mouth, and no harm is done. When a grown person attends a banquet and eats like a boa-constrictor, his muscle will not turn loose, and he groans and has nightmare. On the other hand the persistent belcher has a flabby, inefficient muscle which allows air to come in and go out.

The other of these is the pyloric sphincter. It is that end of the stomach through which the food is thrown into the intestines. This pyloric muscle is a heavy circular band. Its business is to pass on those parts of the mixture ready to be passed on; some are passed on within ten minutes after the meal is taken and others not for hours.

The stomach glands secrete pepsin and acid. The stomach muscles churn and break up the food and mix it with this secretion. When the mixture is right, it is passed into a continuation of the stomach beyond the pyloric opening. This is the first part of the small duodenum, the first stretch of the small intestine. Here is where the greater part of stomach digestion, the chemical action, takes place—not in the stomach at all.

Dyspepsia and indigestion are not exactly synonymous terms. Dyspepsia is a disease of which indigestion is only a symptom. Dyspepsia may be constant, or it may come on in spells, the patient experiencing comparative freedom from it during the interim. It may be due to mere functional derangement of the stomach or other organs, or it may be organic in its nature, involving structural changes in the stomach or other organs engaged in the digestive process. It should be borne in mind that digestion is an extensive and complex process. It consists in converting food into blood, muscle, bone, brain and tissue; more than this—into thought, force and action. The process requires the co-operation of numerous organs, and is very complex.

Dyspepsia may result from anything that interferes with or irritates the digestive process, and there is no organ or part of the body that does not suffer when the digestion is deranged. When we consider that dyspepsia may result from some slight nervous disorder; some habit of diet; from a catarrhal condition of the stomach; from general debility; and from a thousand other things and each cause bringing with it a whole train of symptoms, we must be prepared to expect that the disease is likely to present almost any combination of symptoms. More or less pain is always experienced. As a rule it is not very pronounced, but always provokes discomfort. It is often much worse when the stomach is empty, and is of a gnawing, uneasy, hungry nature; sometimes the pain is sharp and weakening. A morbid appetite is almost constant in dyspepsia. At times it is entirely wanting; at other times it is voracious or craving, and partaking of food fails to satisfy.

The taste and appetite both fail in expressing the desires or needs of the system. There is often a sense of satisfaction following the act of eating, which is followed in an hour or two by feelings of the greatest distress in the region of the stomach. The stomach becomes distended with gas, the mind becomes clouded, and the feelings miserable. Eructations of gas, and sour food, add greatly to the discomfort. The tongue is furred, large and flabby, or red and tender looking. Heartburn, waterbrash, nausea, and sometimes vomiting, are natural symptoms of the complaint. Headache, of various kinds, is of common occurrence; sometimes it amounts to severe attacks of sick headache; sometimes it is a sense of fullness in the head, all the finer senses being blunted. The mind is disturbed and befuddled, it being impossible to follow a consecutive line of thought, to read a book intently, to hold in mind the items of every-day affairs, or to concentrate the mind, as in adding up figures or following technical ideas. Attacks of biliousness, dizziness, melancholy, constipation, palpitation and sleeplessness are common experiences with the dyspeptic. There is often a hacking cough, with catarrhal conditions of the throat and nose; the so-called "liver cough" is more often due to the stomach than any derangement of the liver. Sufferers from this disorder are prone to mental forebodings in regard to business affairs, and grow cynical over social and moral matters—they are easily persuaded that they are the victims of some serious malady. They are naturally sick. Their thoughts and conversation are in the line of their health. One day they will imagine they have neuralgia; the next they will have malaria; the next perhaps nervous prostration, general debility, liver complaint, heart disease, general decline, or consumption. This fanciful drifting among imaginary disorders is very characteristic of dyspepsia.

Antacids are medicines that neutralize the acid of the stomach, and thus tend to remove heartburn, dyspepsia, indigestion, and the like. When the acidity is conjoined with nausea and fainting, take 10 grains of carbonate of ammonia, or a teaspoonful of the solution; when great irritability of the coats of the stomach exist, take half a teaspoonful of powdered carbonate of potassium, or carbonate of soda; when accompanied by diarrhoea, take a teaspoonful of carbonate of lime (prepared chalk); and with costiveness, a dessert-spoonful of magnesia—all of them to be taken in a little water.

Pure olive oil will often cure the worst forms of stomach trouble, and is a good flesh-builder in bodies emaciated by long sickness; it is not unpleasant to take if a little grape or berry juice is placed in the glass with the oil; let the dose be small at first, gradually increasing it to a teaspoonful; after taking for some weeks the unpleasant taste will disappear; take just after meals.

Dandelion tea for indigestion is made as follows: Take the roots of six or eight plants, having cut off the tops, wash and scrape them well, cut into short pieces, pour over a pint of boiling water,

and let stand for twelve hours; then strain through muslin, and it is fit for use. Dose—Wineglassful when desired. Make a fresh supply every three days.

A teaspoonful of lactated pepsin in a wineglassful of water, taken immediately after meals, is a remedy for indigestion.

Eat an apple every day to keep the system in order; it is good for constipation and indigestion, and if eaten and well chewed just before retiring, will often induce sleep when all else fails.

Weak stomachs will find that tea made with milk is not only harmless but sometimes beneficial. Boil half a pint of fresh milk and pour into it a good teaspoonful of tea—China for choice—and after standing three or four minutes, pour off.

Pain in the stomach or bowels may be relieved by small doses of essence of peppermint, in water.

When dyspepsia is due to a catarrhal condition of the stomach, one of the following will often prove beneficial; one may be tried and then another, but the dose should not exceed that given—to be taken just before eating: One-drop doses of carbolic acid are extremely useful in some cases; one-drop doses of “Fowler’s Solution of Arsenic”; one-drop doses of wine of ipecac; one-drop doses of tincture of iodine; five-grain doses of oxalate of cerium; five-grain doses of subnitrate of bismuth.—[*J. A. Conwell, M. D., in Pop. Med. Knowledge.*]

Water should be freely drank on rising in the morning, between meals, and on going to bed at night.

Ten-drop doses of compound fluid extract of gentian will be found useful in dyspepsia when attended with debility and loss of appetite.

Ingluvin (ventriculus callosus gallina) 1 drachm, subnitrate of bismuth 2 drachms, pulverized golden seal 2 drachms. Dose—From five to eight grains after each meal.—[*King’s Med. Presc.*]

Jensin’s pepsin 3 drachms, tartaric acid 5 grains, glycerine 12 drachms, sherry wine enough to make 8 ounces in all. Dose—Teaspoonful after each meal.

Pulverized charcoal 1 drachm, pulverized pepsin 36 grains, pulverized cayenne pepper 4 grains, pulverized ipecac 3 grains; make into twelve powders. Dose—One to be taken at a dose, eating it in a flour-wafer. For indigestion with wind on the stomach.

Tincture of golden seal 2 ounces, tincture of nux vomica 3 drachms, glycerine 2 ounces, water 2 ounces. Dose—Teaspoonful once in four hours until better; then one hour before each meal, or three times a day.

Flatulency in dyspepsia may be relieved by five-drop doses of turpentine, on sugar; three-drop doses of chloroform, on sugar; or by small doses of asafoetida.

Bicarbonate of soda 1 ounce, carbonate of ammonia 2 drachms, mint water 1 pint. Dose—Tablespoonful three times a day. In flatulency, acidity, heartburn, etc.

Sulphate of quinine 1 drachm, strychnia 3 grains, citric acid 2 drachms, water 1 pint; powder and mix the first three and then dissolve in the water. Dose—Teaspoonful after each meal.

Take of bayberry bark (wax-myrtle) 2 pounds, hemlock bark 1 pound, ginger-root 1 pound, cayenne pepper 2 ounces, cloves 2 ounces—or any amount in these proportions; make a strong tea with water; take half a cupful of it about fifteen minutes before a meal and the other half of the cupful just as you sit down to the meal; take no other fluid at all until after digestion is over, and follow up the same plan for a few days. You will notice the change.—[*Dr. Chase's Form.*]

Bicarbonate of soda 1 ounce, powdered rhubarb 1 ounce, aromatic spirits of ammonia 1 ounce, water 9 ounces; bottle and shake well. Dose—Dessertspoonful after each meal.

Bicarbonate of soda 1 ounce, aromatic spirits of ammonia 4 drachms, compound tincture of gentian 12 drachms, tincture of henbane 12 drachms, tincture of ginger 4 drachms, creosote 6 drops, syrup of ginger 1 ounce, water 6 ounces. Dose—Tablespoonful after each meal. Claimed to give speedy relief.—[*Dick's Encyc.*]

Ten-drop doses of diluted muriatic acid, and again well diluted with water, before meals, often give the most happy results.

Liquid pepsin, liquid pancreatin, or one of the numerous pepsin preparations, may be tried.

If there is poor blood, preparations of iron should be used; or if the subject is malarial, quinine and other antiperiodics.

Three to five drops of the tincture of nux vomica at mealtime is well suited to most all forms of dyspepsia.

In chronic stomach trouble, stimulating articles, such as ginger, pepper, etc., only increase the distress and should not be used; bland, soft food is best for it, such as arrowroot, sago, tapioca, rice, lime-water, and milk.

Try sulphite of soda in doses of five to ten grains.

Rhubarb 6 parts, golden seal 3 parts, cape aloes 2 parts, sugar 40 parts, alcohol 24 parts, water 80 parts, essence of peppermint 1/3 part—all by weight; mix, allow to stand 48 hours and decant. Dose—Tablespoonful three times a day half an hour before a meal.

Resorcin (medicinal) 4 grains, infusion of chamomile 18 fluid drachms, tincture of rhatany 30 drops, syrup of bitter-orange peel 5 ounces. Dose—For children with acute gastro-intestinal troubles, a teaspoonful every two or three hours.—[*Dr. Sonnenberger in N. Y. Med. Abstract.*]

Try the Gentian Compound: Gentian 128 grains, bitter-orange peel 64 grains, cardamom 32 grains, simple syrup enough to make 4 ounces in all, and mix well. Dose—Teaspoonful half an hour before each meal.—[*Tilden's Form.*]

Bicarbonate of soda 6 drachms, powdered rhubarb root 2 scruples, sugar of milk 2 drachms, pulverized Jamaica ginger 20 grains, oil of fennel 4 drops, oil of mace 2 drops. Dose—Small half a

teaspoonful in a half tumbler of water, an hour after eating.—
[*King's Med. Presc.*

To prevent fermentation in the stomach: Take creosote 1 drop, subnitrate of bismuth 15 grains, glycerine 4 drachms. Dose—Take all three times a day, if necessary, in mint water.

For acidity: Bicarbonate of soda 3 drachms, oil of anise 2 drops, syrup of bitter-orange peel 2 fluid ounces, distilled water 2 fluid ounces. Dose—Half the quantity.

For indigestion: Pulverized rhubarb, bicarbonate of soda, ingluvin, sulphate of quinine and washed sulphur, equal parts; make into a mass with mucilage of acacia and divide into 40 pills. Dose—One immediately after each meal for several weeks in succession.

For flatulence (wind on the stomach), wood creosote is a good remedy in pill form, in doses of two or three grains during the day.—[*Dr. Benn.*

For flatulence, sour eructations and swelling of the stomach after meals, take fifteen to twenty drops of chloroform in a little sweetened water five or ten minutes after eating.—[*Dr. Dennison.*

Subnitrate of bismuth 1 ounce, hyposulphite of sodium 2 ounces, carbonate of magnesia 1 ounce. Dose—Teaspoonful in water, after meals.

In flatulent dyspepsia: Salicylate of bismuth 2 drachms, calcined magnesia 2 drachms, powdered willow charcoal 3 drachms, oil of anise 1 drachm; mix thoroughly. Dose—Teaspoonful from half to an hour before each meal.

A stomach tonic: Fluid extracts of golden seal, wild cherry bark, wahoo and culver's root, of each 1 ounce, fluid extract of peruvian bark 2 ounces, fluid extract of capsicum 1 drachm, Holland gin 1 quart. Dose—Teaspoonful three times a day in water.

Or, try subnitrate of bismuth 2 ounces, lactopeptine 2 drachms; mix thoroughly and make into twelve powders. Dose—One before each meal.

For flatulent dyspepsia: Chlorate of potash 5 drachms, bicarbonate of soda 5 drachms, pulverized rhubarb 1 drachm, pulverized capsicum 8 grains, oil of sassafras 4 drops; dissolve in 1 pint of water. Dose—Tablespoonful immediately after each meal.

In cases attended by constipation and belching of gas, mix powdered charcoal 1 ounce, calcined magnesia 1 ounce, pulverized rhubarb 2 ounces. Dose—Half a teaspoonful to one teaspoonful three times a day in simple syrup or any convenient vehicle.

In flatulent dyspepsia, take subnitrate of bismuth 30 grains, magnesia 30 grains, powdered belladonna 3 grains, powdered ginger 3 grains; divide into twelve powders. Dose—One twice a day in peppermint water.

Tincture of gentian 1 drachm, tincture of star-anise 1 drachm, tincture of nux vomica 1 drachm, chloroform 1 drachm. Dose—

From eight to ten drops in a wineglassful of water three times a day before meals.

Powdered golden seal, powdered ginger and sulphate of magnesia of each 1 drachm, glycerine 3 drachms, tincture of aloes 3 drachms, enough water to make 8 ounces in all. Dose—Teaspoonful after each meal, and shake well before taking each time.

Sulphate of quinine 30 grains, iron carbonate pilula (Vallet's mass) 30 grains, extract of nux vomica 10 grains, arsenious acid 1 grain, extract of belladonna 3 grains; make into 30 pills. Dose—One three times a day before eating.

In painful dyspepsia, with dilatation of the stomach: Chloroform 3 ounces, orange-flower water 1 ounce, water 2 ounces. Dose—Dessertspoonful every fifteen minutes until pain ceases.

For nervous dyspepsia: Bromide of sodium 1 ounce, pepsin 2 drachms, subnitrate of bismuth 2 drachms, camphor water 4 ounces. Dose—Teaspoonful three times a day in water after eating.

For dyspepsia with acidity of the stomach: Pulverized bicarbonate of potassium 3 ounces, pulverized cubebs 6 drachms, subnitrate of bismuth 3 drachms. Dose—From five to ten grains every half hour or an hour after each meal.

Creosote 20 drops, bicarbonate of soda 2 drachms, socotrine aloes 2 drachms, enough water to make 12 ounces. Dose—Teaspoonful three times a day after meals.

In cases of gastralgia (neuralgia of the stomach) take: Hydrochlorate of cocaine 6 grains, hydrochloric acid 1 drachm, syrup of peppermint (Ger. Ph.) 250 drachms. Dose—Wineglassful before each meal.

Loaf sugar 2 drachms, ginger 5 grains, chlorate of sodium 10 grains. Dose—Take all, and repeat once a day until relieved.

Acidity of the stomach is often curable by means of diluted lemon juice, without sugar, after all kinds of antacids have failed; so also have persons with stomach or bowel derangement, depending on excess of acid, "accidentally" cured themselves by partaking freely of buttermilk; it contains a large proportion of lactic acid, which is so necessary in the process of digestion.

To relieve congestion of the stomach: Carbonate of ammonia 1 drachm, sulphate of magnesia 6 drachms, tincture of belladonna 1 drachm, tincture of nux vomica 1 drachm, tincture of ginger 2 drachms, spirits of chlorate of ether (Ger. Ph.) 2 drachms, enough peppermint water to make 6 ounces in all. Dose—Tablespoonful every four hours.

Try salicylate of bismuth 2 ounces, calcined magnesia 2 ounces, powdered willow charcoal 3 ounces, oil of anise 1 ounce. Dose—Teaspoonful half an hour or an hour before each meal.

Subnitrate of bismuth 5 drachms, fluid extract of golden seal 5 drachms, creosote 15 drops, tincture of nux vomica 20 drops, liquor of pepsin enough to make 4 fluid ounces in all. Dose—Teaspoonful at mealtime.

Try 30 drops to a fluid drachm of sweet spirits of nitre, every two or three hours, in water, until relieved, for a sinking sensation at the pit of the stomach.

Or, 1 to 3 drops of the oil of peppermint, or oil of spearmint, or oil of horsemint, or 3 to 6 drops of the oil of pimento.

Chew calamus root, or infuse 1 ounce of the root in a pint of water, and take in wineglassful doses, for the sinking sensation.

Where there is palpitation of the heart, with some debility, take tincture of cinchona compound 4 ounces, citrate of iron 32 grains, sulphate of magnesia 1 drachm. Dose—Teaspoonful three times a day before meals.

In fermentive dyspepsia: Carbohc acid 12 grains, tincture of nux vomica 1 fluid drachm, diluted nitro-muriatic acid 1 fluid ounce, elixir of lactopepsin 6 fluid ounces, good whiskey 4 fluid ounces. Dose—Teaspoonful three times a day before meals.—*[Dr. I. N. Love.]*

Oranges eaten early in the morning, one before breakfast, are very beneficial, and have often cured the malady.

Four tablespoonfuls of lime-water to a goblet of milk will often give relief.

A few drops of aromatic spirits of ammonia, drank in a small glassful of water, will often give relief in indigestion and dyspepsia when other remedies fail.

Powdered rhubarb 2 drachms, bicarbonate of sodium 6 drachms, fluid extract of gentian 3 drachms, peppermint water 7½ ounces. Dose—Teaspoonful half an hour before each meal.

Mix a teaspoonful of pure glycerine in half a wineglassful of water and take after each meal. Said to cure the most obstinate cases of indigestion in about two weeks.

A stomach elixir: Gentian-root 4 ounces, bitter oranges (sliced) 2 ounces, Virginia snake-root 1 ounce; bruise all and allow them to stand four days in 1 quart of pure brandy, then add 1 quart of water. Dose—A wineglassful occasionally.

Try this: Dried orange peel 4 ounces, chamomile flowers 5 ounces, ginger 1 tablespoonful; put all into 2 quarts of water, boiling hot, and when cool, strain and add half a pint of pure brandy. Dose—A wineglassful occasionally.

This powder, it is claimed, will put the stomach and intestines in perfect order: Sulphate of cinchonidia 10 grains, subnitrate of bismuth 2 ounces. Dose—A third of a teaspoonful four times a day.

In neuralgia of the stomach, try fluid extract of opium (aqueous) 2 drachms, fluid extract of aconite 3 drachms, distilled water 4 ounces. Dose—From one to two teaspoonfuls immediately after a meal.—*[Dr. Padiolean.]*

In general dyspepsia, take hickory ashes 1 pint, wood soot 4 ounces, boiling water 2 quarts. Mix and allow to stand 24 hours and decant. Dose—Wineglassful three or four times a day. Also

good to check the formation of an excess of lithic and uric acids in the blood, from which arises gout, rheumatism, neuralgia, gravel and a host of other ailments.

In gastric vertigo (which species of stomach trouble is very annoying and often results in chronic dyspepsia), take bicarbonate of soda 4 drachms, tincture of nux vomica 3 drachms, aromatic spirits of ammonia 4 drachms, enough distilled water to make 6 ounces in all. Dose—Teaspoonful in water after each meal.

Acidity of the stomach is due to germs, and the cure lies in getting rid of them; germs of fermentation in the stomach produce—first alcohol, then carbonic acid, and then acetic acid.

For a stomach that is irritable at times, sometimes accompanied by nausea, usually after taking a slight cold, get a mixture composed of 2 drachms of subnitrate of bismuth and 4 ounces of essence of pepsin and take two teaspoonfuls every hour or two as required.

Starchy food, such as beans, peas, potatoes and rice, often cause intestinal indigestion in some people; for this, a powder or tablet of pepsin and pancreatin (2 grains of the former to 3 of the latter) may be taken as required.

For raising partially digested food and acid fluid, an hour or two after eating, especially after the evening meal, mix bicarbonate of soda 4 drachms, tincture of nux vomica 3 drachms, tincture of columbo 1 ounce, compound tincture of gentian enough to make 4 ounces in all, and take a teaspoonful in water about twenty minutes before each meal; eat slowly and masticate your food well.

In flatulent dyspepsia, mix equal parts of magnesia, phosphate of lime, powdered charcoal and flowers of sulphur; take a teaspoonful three times a day before meals for the first three or four days, after which (if the diet is properly restricted) the trouble ought to be much lessened, and the remedy will be needed only occasionally. This is the prescription of an eminent French physician.

Or, take bicarbonate of soda 75 grains, prepared chalk 1 drachm, powdered nux vomica 15 grains, powdered cinchona 1 drachm; mix thoroughly and divide into twenty powders. Dose—One before each meal. For flatulent dyspepsia.

Some people are much troubled with heartburn; but if a piece of orange peel is dried and eaten it stops it directly.

Two or three swallows of rather strong salt water will cure heartburn for the time.

“Stomach Drops” for indigestion and dyspepsia: Cinnamon (cassia) 650 grains, ginger 260 grains, galangal 130 grains, cloves 130 grains, cardamom 130 grains; reduce all to moderately coarse powder and percolate in the usual manner with 50% alcohol until 16 fluid ounces of percolate are obtained.—[*Prac. Drug.*

“Bitter Stomach Bitters” of the National Formulary: Take of gentian 384 grains, centaury (herb of *centaurii minoris*) 384

grains, orange berries 128 grains, zedoary 128 grains; reduce all to moderately coarse powder and percolate in the usual manner with 50% alcohol until 16 fluid ounces have been displaced.

In gastritis, with pressure and fullness of the stomach after eating, heartburn or waterbrash, sleeplessness, etc.: Pepsin 128 grains, water 5 ounces, diluted hydrochloric acid 1 drachm, glycerine 3 ounces; mix and filter. Dose—Teaspoonful after eating.

A simple and infallible remedy for heartburn is to take half a tumbler of cold water to which has been added half a teaspoonful of carbonate of soda; squeeze into it the juice of a small piece of lemon, and drink while effervescing.

When symptoms of waterbrash make their appearance, pour sufficient sweet spirits of nitre over a teaspoonful of powdered magnesia to moisten it thoroughly, then swallow it.

For indigestion, try a teaspoonful of glycerine in a little water after eating.

Or, try masticating slowly a half teaspoonful of wheat bran.

If too much fruit has been eaten in hot weather, take 5 drops of oil of cinnamon in a teaspoonful of water and almost instant relief will be accorded.

A little salt sprinkled on a raw egg and the egg swallowed is splendid for indigestion.

An excellent stomach tonic: Tincture of gentian, tincture of columbo and tincture of collinsia, equal parts. Dose—Teaspoonful in a tablespoonful of water before meals.

Bitter stomach tonic: Tincture of nux vomica 3 drachms, tincture of columbo 2 ounces, compound tincture of gentian enough to make 4 ounces in all. Dose—Teaspoonful before each meal.

Dr. Barron's Stomach Pills—Powdered rhubarb 30 grains, compound extract of colocynth 20 grains, powdered ipecac 6 grains; make a pill-mass and divide into 3-grain pills. Dose—From one to three pills at bedtime in dyspepsia or loss of appetite.—[*King's Anal.*]

Digestive Pastilles—Bismuth subnitrate 2 parts, calcium phosphate 3 parts, sodium carbonate 1 part, magnesium carbonate 20 parts, iron carbonate 5 parts, sugar 100 parts; mix and make into lozenges, and three to six may be taken each day.—[*Dr. David Kingsley.*]

Quick Relief Dyspepsia Tablets—Subnitrate of bismuth 24 grains, precipitated chalk 44 grains, carbonate of magnesia 30 grains, sugar of milk 140 grains; finely powder, make a pill-mass and divide into twelve equal tablets. Dose—One tablet three times a day.

Squibbs' Bitter Tonic—Fluid extracts of gentian-root 10 ounces, bitter-orange peel 4 ounces, cardemom seed 1 ounce. Dose—Teaspoonful three times a day.—[*Tilden's Anal.*]

CONSTIPATION

A prominent author states that "a sedentary life is the most common cause of constipation," and that "simple laziness comes next." Constipation of the bowels, notwithstanding the fact that it is usually only a symptom of a derangement of the digestive system, presents phenomena so decidedly its own that it may well be considered a disease, with symptoms of its own demanding special treatment. The causes for it are almost endless. Some persons are born with the tendency; it runs in families; it is formed by habit; modern diet is very favorable to constipation; food of the present day is much more constipating than it was years ago; our food is much more concentrated; we eat more sugar and sweetened food, more bolted flour, pastries, and drink more tea and adulterated coffee. Business life is more tense, and the nervous organization of modern civilization is less vigorous. All of these things are factors in producing a constipated habit. Neglecting the calls of nature is known to all. Want of proper exercise, excessive mental strain and the demands made by strenuous social life favor the condition. Dyspepsia so often causes constipation, and constipation so often causes dyspepsia, that they are seldom found separate. Sometimes it is difficult for the physician to conclude which is the disease and which is the symptom. Constipation may cause a whole train of symptoms, and yet exist itself as only a symptom of some condition or disease of the body. Diseases of the liver, stomach, brain, nerves and heart, poisons in the system (such as malaria or lead), are all accompanied with more or less constipation.

In the treatment of the disease there are two objects sought to be obtained—first, to unload the bowels and secure temporary relief; second, to bring about regular evacuations. A variety of measures must be utilized, and no one remedy should be used long at a time.

The rectal syringe is the most useful agent in overcoming the habit; every person who is constipated should have one. Use plain cold water one time; salt water next time; then soapsuds, etc., alternating from one to the other. Do not get into the confirmed habit, however, of using the syringe. Many cathartics strain the muscular fibres of the bowels, and the after-effect of this action is merely to increase the difficulty.

Cascara sagrada (sacred bark, chitten bark—a small tree of California) is recognized as one of the best remedies for habitual constipation; ten to twenty drops of the fluid extract, or one to two teaspoonfuls of cascara cordial, are quite pleasant in their action and seem to overcome the intestinal torpor; it should not be taken in cathartic doses, but in doses just sufficient to produce a normal condition.

Golden seal—either the fluid extract or the active principle, hydrastin—will often relieve when the discharges are dry, hard and covered with mucus; doses of ten drops of the fluid extract will usually produce happy results.

A teaspoonful of the flowers of sulphur in molasses taken in the morning is an extremely useful laxative.

When an infant's bowels do not act, at least once or twice, freely, every day, pure olive oil may be given in teaspoonful doses—much better than the nauseating castor oil; or manna, a fourth of a teaspoonful at a time—and it is sweet and easily taken; or a teaspoonful of the simple tincture of rhubarb; or a teaspoonful of pure glycerine. If the stomach is sick at the same time, magnesia may do more good, a fourth or half a teaspoonful, according to the age of the child, stirred up in a little water. If colic is present, a teaspoonful of castor oil mixed with two teaspoonfuls of spiced syrup of rhubarb will be the best thing to open the bowels.—[*Dr. D. Minshall*.]

When there is sluggishness of the lower bowel, gentle pressure, alternately on the two sides of the abdomen, may assist in getting relief.

The lowest and last part of the large intestines (the rectum) is not constructed to retain anything, but only to transmit and throw out what descends from the colon into it; if it is compelled to detain anything, it contracts upon it, rendering it less easy of subsequent removal; and at the same time the coats of the rectum will absorb into the blood much of the watery material present, and thus poison it.—[*Haydn's Practice*.]

When the liver is torpid, the skin sallow, a sense of fullness in the right side, and clay-colored evacuations, podophyllin (may-apple), in combination with nux vomica and belladonna, should be used by adults; and phosphate of soda (one teaspoonful in water each morning) for children; the latter may be put in soup or broth.

The aged, the weak and invalids find rhubarb useful, but for general purpose it is not suited; a piece may be carried in the pocket and chewed at liberty.

Fluid extract of stillingia in doses of ten drops three times a day works admirably in some cases; or two or three drops of tincture of belladonna three times a day; or, two drops of "Fowler's Solution" at mealtime; or, half a dozen each of almonds and raisins daily; or, an orange before breakfast every morning.—[*Kling's Prac.*]

Or, try this: Epsom salts 1 ounce, cream of tartar 1 drachm, dried sulphate of iron 10 grains, water 1 quart. Dose—Wine-glassful each morning upon rising.

The juice of grapes is laxative, but the skin and seeds are likely to cause constipation.

Dates are exceedingly nourishing, and also prevent constipation.

The fluid extract of senna, with one drop of oil of anise, or oil

of fennel, in a teaspoonful of it, is a good infantile laxative.—*[Drug. Jour.]*

The simplest and best injection mixture is made by dissolving a thumb-sized piece of pure castile soap in warm (not hot) water, and stirring into this a tablespoonful of molasses, a tablespoonful of table salt and a tablespoonful of olive or lard oil.

Figs or prunes steeped in olive oil may be eaten on an empty stomach early in the morning; or they may be prepared by drying them thoroughly, and then removing the dust, and steeping them in senna tea until they become moist, when they may be re-dried and kept for a long time; eat one or two at a time, early in the morning, on an empty stomach.

A glass of the fluid citrate of magnesia may be taken before breakfast on an empty stomach.

Take of compound rhubarb pill 2 drachms, extract of hyoscyamus 1 drachm, extract of nux vomica 20 grains; mix into a pill-mass with mucilage of acacia and divide into 60 pills. Dose—One at night, and in the morning, if required.—*[Hart's Med. Form.]*

Apples, carrots and Brazil nuts are excellent for sufferers from constipation.

Spinach has great aperient qualities, and is far better than medicine as a relief from constipation.

The following prescription of Dr. J. M. Greene contains four excellent articles for both constipation and indigestion: Equal parts of podophyllin, rhubarb, nux vomica and carbonate of soda; make into pills, with mucilage, of 1 grain each, and take one at night before retiring. The podophyllin acts on the liver, rhubarb on the bowels, nux vomica tones the stomach and the carbonate of soda corrects the acidity.

Hard cider is said to be a good remedy for constipation; it does not agree with all persons—it is apt to cause headache; it may be taken at bedtime or on rising.

Alcoholic extract of rhubarb 1 drachm, extract of dandelion (taraxacum) 48 grains, sulphate of quinine 4 grains; mix into a mass and divide into 24 pills. Dose—One to be taken either on rising in the morning or at dinner time, or even at both periods when the constipation is very obstinate. This is a particularly useful evacuant for the delicate.—*[Era.]*

A teaspoonful of pure cream taken every night has been found helpful by some troubled with constipation.

Put a pint of pure brandy into a bottle and add to it 2 drachms of bruised rhubarb root, 2 ounces of hiera picra (aloes and canella) and 1 ounce of fennel seed; after it has stood for several days, take a tablespoonful of it three times a day, before eating, until it operates, then half the quantity, or a little less, just sufficient to establish a daily action of the bowels, until at least half is taken.—*[Pharm. Jour.]*

Corn meal, 1 tablespoonful stirred up in sufficient cold water

to drink well, and drank in the morning immediately after rising, has with perseverance cured many cases.

A fresh egg beaten in a gill of water and drank on rising in the morning, and at each meal, for a week or ten days, has cured obstinate cases; it might be increased to two or three at a time as the stomach will bear.

The injection into the rectum, by means of a glass syringe, of about half a teaspoonful or teaspoonful of glycerine, will give immediate relief.—[*Julius Althaus, M. D.*]

When constipation exists in women who menstruate profusely, as in rheumatic subjects, equal parts of flowers of sulphur and calcined magnesia, mixed with an equal bulk of cream of tartar, will be found an excellent laxative.—[*Dr. Kirk.*]

Pulverized blood-root 1 drachm, pulverized rhubarb 1 drachm, pure castile soap (powdered) 2 scruples; thoroughly mix and make 32 pills. Dose—One morning and night.

Birch's Constipation Pills—Compound extract of colocynth 25 grains, extract of henbane 80 grains; mix into a mass with mucilage and divide into 40 pills. An excellent pill for occasional use, especially for constipation in old age.

Herndon's Constipation Pills—Extract of henbane 1 drachm, extract of colocynth 40 grains, extract of nux vomica 6 grains; carefully work into a pill-mass with mucilage and form into 30 pills. Dose—One pill night and morning.

Bran Muffins for Constipation—One cup of wheat bran, 1½ cups graham flour, 1/3 teaspoonful of salt, 3 tablespoonfuls of molasses (into which has been stirred ½ teaspoonful of baking soda dissolved in ¼ cup boiling water), 1 tablespoonful of melted butter and 1 cup of milk; bake thoroughly in 12 portions and eat one with each meal.

DIARRHOEA, DYSENTERY

Diarrhœa (looseness of the bowels, purging, flux) is a common and well-known disorder, characterized by more frequent and thinner evacuations from the bowels than natural, accompanied or not with griping pains in the belly, and occurring generally without fever. It is frequently a prelude to dysentery, and both of these disorders are caused by a morbid condition of the mucous or lining membrane of the bowels. In the former there is simply irritation or relaxation of the mucous membrane; in the latter there is inflammation, attended with constant pain and fever.

Diarrhœa arises, in the majority of cases, from errors in diet, as in dyspepsia; and may take place from eating too much, from unwholesome food, or from a peculiarity in the patient's constitution, which allows one to be acted on by certain articles of diet that would produce no unpleasant effect on another. Other

not infrequent causes are checked perspiration from exposure to cold, sitting with wet feet, drinking cold water, cider, beer, or other cold beverages, and taking ices when the body is overheated at the time; suppression of the menstrual flow, and increased or depraved secretion of bile. In some constitutions this affection will come on from anxiety, sudden fright, surprise, anger, or any other strong mental emotion. It is frequently induced in warm climates by malaria, and is in all countries occasionally epidemic—the United States as well—from causes of whose nature the best medical writers know little or nothing.

Dysentery is an inflammatory affection of the lower bowel, with frequent small and bloody discharges, passed with pain and straining; the belly is tender to the touch or on movement of the bowels; fever is often present in severe cases; most common in August and September, but may occur at any season.

A dose of castor oil, in which is put five drops of laudanum and a pinch of baking soda, will often cut short an attack of diarrhœa if taken early.

Eating dry wheat flour is resorted to with asserted success for diarrhœa and dysentery in sections remote from medical aid.

For chronic diarrhœa: Tincture of myrrh comp. 1 ounce, tincture of rhubarb 1 ounce, tincture of opium 4 drachms, spirits of lavender comp. 1 ounce, oil of anise 1 drachm, oil of cinnamon 1 drachm, gum camphor 2 drachms, tartaric acid 1 drachm. Dose—Teaspoonful after each action of the bowels in a little sweetened water.—[*Roswell's Med. Form.*]

Diarrhœa mixture: Tincture of opium 1 ounce, tincture of capsicum 1 ounce, tincture of camphor 1 ounce, chloroform 3 drachms—all fluid measure; listerine 13 drachms. Dose—From thirty to sixty drops, in water, every two hours.—[*N. E. Jour. of Med.* This is similar to "Squibbs," with the substitution of listerine in the place of alcohol.

The following (the patient being kept on a strictly milk diet for some time) will more than please: Sulphate of zinc 2 drachms, pulverized opium 1 drachm; make 72 pills. Dose—One after each bad movement.—[*Graham's Home Phys.*]

For diarrhœa in children teething: Castor oil 1 drachm, turpentine 10 drops. Dose—From three to five drops every one to two hours.—[*Gunn's Med. Sum.*]

Deodorized tincture of opium 2 drachms, aromatic sulphuric acid 4 drachms, extract of logwood enough to make 3 ounces in all—all fluid measure. Dose—Teaspoonful in water after each evacuation until a decided change is shown.—[*Dr. T. R. Gilmore in Eng. Med. Rev.*]

Ginger tea, peppermint tea and other mild correctives, and an early resort to quietness and rest, will cut short an attack.

Magnesia, charcoal, chalk mixture, castor oil, and rhubarb, are all useful in diarrhœa.

Essence of peppermint and essence of Jamaica ginger are popular household remedies.

For dysentery, take aromatic sulphuric acid 1 ounce, saturated solution of Epsom salts 7 ounces. Dose—Tablespoonful every two hours until it operates. If there is much pain, 1 grain of morphia may be added to the mixture with good effect.—[*Med. Era*.

The "Sun Cholera Mixture," given elsewhere, is a very effectual remedy in dysentery after the bowels have been moved by a laxative.

For chronic dysentery, fifteen grains of subnitrate of bismuth before each meal is one of the best remedies.

Or, a daily injection of alum water.

In dysentery and diarrhœa in children, take subnitrate of bismuth 1 ounce, chalk mixture 6 ounces, tincture of opium 40 drops, spirits of lavender comp. 3 drachms. Dose—Teaspoonful every three or four hours.—[*Dr. Clark Johnson in Am. Med. Rev.*

Or this, for children: Sulphate of soda 1 drachm, bitartrate of potassium 1 drachm, sulphate of morphia 1 grain, tincture of gelsemium 1 drachm, syrup of ginger 4 ounces, water 4 ounces. Dose—Teaspoonful every hour; shake well each time before giving.—[*Prac. Drug.*

For adults, use: Sulphate of soda 3 drachms, bitartrate of potassium 3 drachms, sulphate of morphia 5 grains, tincture of gelsemium 2 drachms, syrup of ginger 4 ounces, water 4 ounces. Dose—Teaspoonful every hour. Shake well before taking each time.

Balsam of fir 2 drachms, tincture of opium 2 drachms, spirits of camphor 5 drachms. Dose—Teaspoonful in water as needed; apply hot water dressing to the bowels if at all tender.—[*New England Clinic.*

In acute dysentery: Sulphate of copper 1 grain, sulphate of magnesia 2 ounces, diluted sulphuric acid 2 drachms, water 8 ounces. Dose—Tablespoonful every four hours.—[*Dr. Bartholow.*

Subnitrate of bismuth 1 ounce, tincture of copaiba 2 drachms, dark balsam of fir 1 ounce, papine 3 drachms, syrup of ginger 4 drachms, enough water to make 6 ounces in all. Dose—Teaspoonful every hour until relieved. Shake well each time before using.—[*Dr. J. Owen Mitchell.*

Mucilage of acacia 4 ounces, subnitrate of bismuth 3 drachms, carbolic acid (50% solution) 20 drops. Dose—Teaspoonful four to six times in 24 hours.—[*West. Drug.*

In frequently recurring straining stools and bloody discharges, take: Sulphate of magnesia 3 ounces, diluted sulphuric acid 3 drachms, deodorized tincture of opium 2 drachms, glycerine 2 ounces, enough peppermint water to make 12 ounces in all. Dose—Tablespoonful in double the quantity of cold water every two or three hours until serous or fæcal dejections appear.—[*Am. Jour. of Med.*

Liquid carbolic acid No. Four 1 drachm, glycerine 4 drachms, listerine 4 ounces. Dose—Teaspoonful every three or four hours until relieved.—[*King's Med. Presc.*

In acute dysentery: Sulphate of magnesia 1 ounce, diluted sulphuric acid 1 fluid drachm, water 4 fluid ounces. Dose—Tablespoonful every three hours until proper fæcal evacuations are obtained, then an enema of starch and laudanum; withdraw solid food.—[*S. Grant Mitchell, M. D.*

Making a tea of mullein leaves, and drinking freely of it, is recommended by Dr. Cover, of Harrisburg, Pa., as a good remedy.

Subnitrate of bismuth 3 drachms, listerine 1 ounce, glycerine 4 drachms, enough chalk mixture to make 4 ounces in all. Dose—Teaspoonful every three or four hours.—[*Dr. Grayson.*

Listerine 6 drachms, paregoric 8 drachms, subnitrate of bismuth 6 drachms, enough simple syrup to make 4 ounces in all. Dose—Teaspoonful every three or four hours.—[*Dr. Carl Creeger in Spat.*

The same formula, in different proportions, for children: Listerine 6 drachms, paregoric 4 drachms, subnitrate of bismuth 3 drachms, enough simple syrup to make 4 ounces in all. Dose—Teaspoonful every three or four hours. In this only half the quantity of paregoric and bismuth are used.—[*Ibid.*

Chronic diarrhœa: Pure powdered chocolate 4 ounces, rice flour 4 ounces, powdered sugar 4 ounces, tannin 2 drachms. A heaping teaspoonful cooked for half an hour in a cup of milk at the morning and evening meals.—[*Med. Rep.*

In simple diarrhœa of children, or even where there is a dysenteric tendency: Sulphate of magnesia 2 drachms, deodorized tincture of opium 12 drops, simple syrup 1 ounce, peppermint water 5 ounces. Dose—Teaspoonful every two or three hours to a child 1 or 2 years old.—[*Dr. Mary Chenoworth in London Med. Times.*

In summer diarrhœa of children (attention to all other hygienic conditions understood) the following treatment has almost worked miracles in my hands: Calomel 1 grain, bicarbonate of soda 6 grains; make 6 powders. Dose—One every hour until used, then a teaspoonful of castor oil.—[*J. Morgan Dix, M. D., in New Ideas.*

In infantile diarrhœa, as prescribed in the New York Infant Asylum: Tincture of opium 32 drops, subnitrate of bismuth 4 drachms, simple syrup 1 ounce, chalk mixture 3 ounces. Dose—Teaspoonful every three hours to a child 1 year old.

This is also given in the same institution: Tincture of opium 32 drops, subnitrate of bismuth 4 drachms, pepsini (vel lactopeptini) 3 ounces, syrup of ginger 2 ounces, peppermint water 2 ounces. Dose—Teaspoonful every three hours to a child of 1 year. In severe cases, the dose may be given for a time every two and one-half hours.

Dr. Hayrem says that in diarrhœa of children, especially the

green diarrhoea, he has found a teaspoonful of a 2% solution of lactic acid, every hour, efficient.

In adults, when the flux was chronic and accompanied with dyspepsia, the same writer effected magical cures with a 2% solution of lactic acid in doses of three tablespoonfuls; when the diarrhoea was bilious and acid, he gave large doses of bicarbonate of soda.

Dr. Sweezey found this formula wonderfully successful: Tincture of opium 1 fluid drachm, aromatic tincture of rhubarb 1 fluid drachm, spirits of camphor 1 fluid drachm, tincture of cardamom compound 4 fluid drachms, enough anise water to make 8 fluid ounces. Dose—Teaspoonful for children.

Pepsin 3 drachms, subnitrate of bismuth 3 drachms, carbolic acid 16 drops, paregoric 4 drachms, enough water to make 8 ounces in all. Dose—Half a teaspoonful every two to four hours, according to age, etc. Use lime-water.—[*Drug. Jour.*]

Dr. Vigoroux recommends a glass of hot lemonade every hour, or half hour, as an easy, agreeable and efficient treatment for diarrhoea.

Dr. Ackermann recommends: Paregoric 1 ounce, aromatic syrup of rhubarb 1 ounce, lime-water 4 ounces—all fluid measure. Dose—Teaspoonful for children, in diarrhoea.

Try lactopeptine 20 grains, subnitrate of bismuth 20 grains; make into 10 pills with mucilage of gum arabic. Dose—One every four hours.—[*King's Med. Presc.*]

For inflammatory diarrhoea of children, take leptandrin 8 grains, bicarbonate of soda 1 scruple, aromatic syrup of rhubarb 2 ounces. Dose—Teaspoonful every two to four hours as the case may demand.—[*Dr. Granville.*]

Or, take oxide of zinc 8 grains, subnitrate of bismuth 1 drachm, extract of hemlock spruce (*pinus canadensis*) 2 drachms, syrup of gum arabic 2 ounces. Dose—Teaspoonful every three hours.—[*Dr. Joseph Atley.*]

For summer diarrhoea in children: Take subnitrate of bismuth 2 drachms, saccharated pepsin 1 drachm, oxide of zinc 12 grains; make into 24 powders. Dose—One powder every four to six hours.—[*Dr. Bartholow.*]

Oxide of zinc 8 grains, subnitrate of bismuth 2 drachms, mucilage of gum arabic sufficient to make 2 ounces in all. Dose—Teaspoonful every three hours.—[*West. Med. Sum.*]

There is a flatulent diarrhoea which occurs in young children and gives mothers much trouble; the evacuations are frequent, but very small, and the flatulence (wind) is sufficient to keep the child awake at nights. Dr. King uses this formula: Magnesia 1 drachm, aromatic spirits of ammonia 40 drops, tincture of asafoetida 1 drachm, anisette 6 drachms, enough cinnamon water to make 4 ounces in all. Dose—For a child from 3 weeks to 4 months' old, a teaspoonful every half hour until relieved.

In summer dysentery and diarrhœa of teething children: Ipecac 12 grains, subcarbonate of bismuth 1 ounce, saccharated pepsin 30 grains; make into 12 powders. Dose—One in milk every two hours. Especially indicated in cases in which the stools are greenish, containing mucus and sometimes blood, and are voided with much pain and straining; and where, at the same time, the skin is harsh and dry, the tongue pasty or glazed, and there is great thirst, though no fever may be present.—[*Dr. Bartholow.*]

Aromatic sulphuric acid, compound spirits of lavender and tincture of opium of each 1 ounce. Dose—Teaspoonful in a wineglassful of water, after each stool, three or four times a day.—[*Dr. Carleton.*]

Not every looseness of the bowels ought to be stopped at once by medicine; sometimes it is a relief to a condition of the system that would involve a worse illness if it did not come. Infants, especially, need to have the bowels moved two or three times daily—most of all while they are teething. It is not called diarrhœa in them, by medical authorities, unless there are at least four or five large liquid passages in 24 hours; of course, when it is excessive, it must be attended to or weakness and exhaustion of the infant will follow.

In infantile diarrhœa, when sourness of the stomach is present, a good corrective is the spiced syrup of rhubarb in children's doses; it does not purge like the syrup of rhubarb, but promotes an even, regular action of the muscular coat of the bowels, and so tends to set things right again.—[*Gunn's Home Phys.*]

Simmer 1 ounce of blackberry root and 2 ounces of raspberry leaves in a quart of water for 40 minutes; strain, and add 12 drachms of the tincture of myrrh and a little sugar. Take a wineglassful every half hour. It seldom fails.—[*Mrs. H. Jones in Rural World.*]

Castor oil 1 tablespoonful, paregoric 20 drops. All an adult dose. Never knew it to fail in diarrhœa.—[*Cor. Country Gentleman.*]

Laudanum 30 drops, prepared chalk 2 drachms, powdered gum arabic 4 drachms, tincture of catechu 2 drachms, rose water 2 ounces. Dose—Tablespoonful three or four times a day.—[*Ford's Med. Form.*]

Poplar inner bark 2 ounces, prickly ash berries 1 ounce, slippery-elm bark 4 drachms; pour on them 4 pints of boiling water and infuse two or three hours. Drink freely until relief is obtained.—[*Mrs. Thos. Watson in Amer. Rural Home.*]

Cranberries are astringent and also correct the liver when it is suffering from inaction caused by overeating.

Mullein leaves boiled in new milk and sweetened to taste is a very good remedy for diarrhœa.

Take hot water 2 gills, vinegar 1 pint; mix, and continue to

add common table salt to the mixture as long as it will be dissolved, stirring and agitating it freely and frequently. Adult dose—Tablespoonful every hour until the bloody discharges cease, or until it operates freely on the bowels. The patient must remain in bed. This remedy has been known to cure the most obstinate and malignant forms of dysentery when all the ordinary methods were ineffectual.—[*Mrs. J. E. Glover in F. and F. Mag.*

Dried whortleberries, steeped, and the juice drank freely, has cured diarrhœa and bloody flux, both in children and adults.

For diarrhœa in infants, Dr. James Smith recommends the following, if the bowels are very loose, with dark, slimy, offensive stools: Tincture of opium 8 drops, castor oil 1 drachm, syrup of ginger 1 ounce, mucilage of acacia 1 ounce. Dose—Teaspoonful three times a day. In the screaming fits, accompanied by constipation, this combination of castor oil with opium tincture is very valuable.—[*Med. News.*

For bilious diarrhœa: Infuse 1 ounce of Angostura bark for two hours in 1 quart of boiling water and strain.—[*Dick's Encyc.*

A simple cure for dysentery: Take freshly churned unsalted butter and clarify it over the fire by melting, and taking off the scum arising. Dose—For adult, two tablespoonfuls two or three times a day. Never known to have failed in effecting a cure, and in many cases has been instantaneous.—[*Martha Bricker in Fam. Mag.*

Indian Cure for Dysentery—In diseases of this kind, the Indians use the root and leaves of the blackberry bush, a decoction of which in hot water, well boiled down, is taken in doses of a gill before each meal, and before retiring at night. It is an almost infallible cure.—[*Minn. Med. Sum.*

West's Diarrhœa Mixture—Castor oil 2 fluid drachms, pulverized acacia 2 drachms, pulverized sugar 2 drachms, tincture of opium 21 drops, enough water to make 4 fluid ounces in all. Dose—Teaspoonful for children.—[*Anal. Chem.*

Squibbs' Diarrhœa Mixture—Tincture of opium 1 ounce, tincture of capsicum 1 ounce, spirits of camphor 1 ounce, purified chloroform 3 drachms, enough alcohol to make 5 ounces in all—all fluid measure. Dose—For adults, teaspoonful every five hours.—[*New Era Anal.*

Velpeau's Remedy for Diarrhœa and Cholera Morbus—Tincture of opium 1 ounce, elixir of paregoric 1 ounce, tincture of rhubarb 1 ounce, essence of peppermint 10 drachms, tincture of capsicum 6 drachms. Adult dose—Teaspoonful in half a wine-glassful of sweetened water; and, if required, half a dose after each loose evacuation.—[*King's Anal.*

Cassaver's Diarrhœa Remedy—Compound tincture of myrrh 6 ounces, tincture of rhubarb 5 ounces, spirits of lavender 5 ounces, tincture of opium 3 ounces, oil of anise 1 drachm, oil of cinnamon 1 drachm, gum camphor 1 drachm, tartaric acid 1

drachm. Dose—Teaspoonful after each passage, in a little warm water sweetened with loaf sugar.—[*Dick's Encyc.*

Cassandi's Diarrhoea Remedy—Tincture of opium 4 drachms, spirits of camphor 4 drachms, essence of peppermint 4 drachms, ethereal tincture of capsicum 4 drachms, syrup of kino 1 ounce, neutralizing cordial 2 ounces, brandy 2 ounces. Dose—Tablespoonful may be given every twenty minutes if the case is urgent; in dysentery, give one tablespoonful three times a day.—[*King's Anal.*

Goddard's Diarrhoea Remedy—Tincture of catechu 1 ounce, tincture of opium 4 drachms, tincture of camphor 4 drachms, aromatic spirits of ammonia 2 drachms. Dose—From thirty to forty drops every hour.—[*Amer. Drug.*

Anise Seed Cordial—Powdered rhubarb 3 scruples, saleratus or crude bicarbonate of potassium 3 scruples, powdered peppermint leaves 3 scruples, boiling water $\frac{1}{2}$ pint, decoction of anise seed 8 ounces; mix, strain, sweeten with sugar, and add 3 tablespoonfuls of good brandy. Dose—One or two tablespoonfuls as often as the symptoms require it; for children, a less dose. Very valuable in diarrhoea, dysentery, bowel complaints of children, laxity in the bowels, flux, etc.—[*Dick's Encyc.*

Blackberry Cordial—Blackberry juice 1 quart, California brandy 8 ounces, sugar 8 ounces, oil of cloves 1 drachm, oil of cassia 2 drachms; shake until all is dissolved; then allow to stand 10 days and filter. Use as a diarrhoea remedy, and it will be found to equal anything on the market.—[*Prac. Drug.*

Dr. Chase's Diarrhoea Cordial—Pulverized freshly-dried rhubarb root 1 ounce, peppermint leaves 1 ounce, cayenne pepper 1 drachm; cover with boiling water and steep thoroughly; strain, and add bicarbonate of potassium 4 drachms, essence of cinnamon 4 drachms, loaf sugar 4 ounces, brandy or good whiskey equal in amount to the whole. Adult dose—One or two tablespoonfuls from three to six times a day; for a child, one to two teaspoonfuls as often, or until relief is obtained.—[*Dr. Chase's Recipes.*

Diarrhoea Drops—Tincture of rhubarb 4 ounces, compound spirits of lavender 4 ounces, laudanum 2 ounces, oil of cinnamon 2 drops. Dose—Teaspoonful every three or four hours according to the severity of the case.—[*Dr. C. Getchell in Med. Sum.*

THE LIVER AND BILIOUSNESS

The liver is the longest known and the least known large organ in the human body. It is on the right upper side of the abdomen. Its front edge comes about an inch below the border of the ribs. This region is known as the right hypochondriac region, because the lower portion of the liver occupies it. It

crosses over the middle line and occupies a small part of the corresponding territory on the left side.

In the adult it weighs three to four pounds—almost one-fortieth of the entire weight of the body. Its bulk is about ninety-five cubic inches.

The blood which is collected from the stomach and intestines is gathered into large veins, and these pour into one large vein called the portal vein, which carries the blood from the digestive organs to the liver. Here this vein breaks up into very small capillaries. Every liver cell is surrounded by small capillaries and every small capillary is walled in by liver cells. Obviously the work of the liver cells has something to do with the blood that comes from the digestive organs. One of its functions, we know, is to take from the portal blood the bile just absorbed from the intestines. This is done because the blood has no work for bile to do. In fact, bile in the blood would do great harm, and therefore there must be some provision to remove it. In the second place, the intestines need bile; and there must be some provision to take it from where it would do great harm and conduct it to the intestines where it can do good. However, the really important function of the liver is the conversion of food into forms which can be used by the tissues. The bile ducts begin as tiny tubes between liver cells; these run out of the liver lobules and join with other ducts, which finally form one large duct by which the bile is carried to the intestines, and through which the passage of the hardened bile cause such intense suffering in gallstones.

The blood, having been acted upon by the liver cells, is gathered up by the veins and emptied into a large vein, by which it is carried to the heart—the organ which pumps it everywhere throughout the body.

A cream separator has one inlet and two outlets. Milk is poured into the inlet. The machine separates the milk into two parts. Out of one spout, cream pours; out of the other, skim milk. The liver has one inlet and two outlets. Into one the blood fresh from the intestines is poured. Down the bile-trough into the intestines, pours the bile; into the blood-stream from out the liver-substance, pour the digestive products, ready to be used by the body cells.

The shape of the liver is largely determined by external influences. A tightly-corseted woman has a liver with one shape; a Falstaff, one with another shape. Before birth the liver of a baby spreads all over the abdomen and constitutes one-tenth of the total weight; a 10-pound baby at birth has a liver weighing about one-half pound.

When we come to the work of the liver we enter the field of romance. Theology, law, history, literature, as well as medicine, bear the imprint of the romancer retailing the story of the

liver. At the present time a few facts are known. We know that it secretes bile, but bile is the least serviceable of all the digestive juices. It is not to be compared with the gastric juice, or the pancreatic, or the secretion of the intestinal glands. As a digestant, it seems to be about on a par with the saliva; it stimulates the intestinal muscles to work and the other glands to secrete, and thus indirectly it helps digestion more than by direct action. This is what Dr. Minor calls the pantry function of the liver. The food, having been cooked in the kitchen—the stomach—and being on the way to the dining room—the intestines—is flavored in the pantry by the bile and pancreatic juice. The recognized functions of the liver in this field are its work in making sugar and starch ready for use and its effect on albumins. The liver has the power of converting ordinary sugars into a special form of sugar—glycogen—and storing up in its cells the excess of glycogen; it has the power of converting glycogen into other forms of sugar when the body needs them. This has much to do with the production of energy and the making of heat, as well as with the general nourishment of the body.

People who lead very sedentary lives are prone to become bilious periodically; delicious food, tastily prepared, tempts them to overindulgence. Again, eating is addition; out-of-door exercise and physical labor is subtraction. Day by day subtraction hangs a little behind addition, until after a period the addition column is so much the longer that we develop a condition that is known as biliousness. The person who is bilious gets relief by taking a laxative. For this purpose calomel is as good as salts or castor oil, and no better. What is needed in the ordinary case is merely to empty the lower canal and to drain some of the water out of the abdominal vessels, whereupon the liver and other organs will do the rest. For this purpose a saline is both more prompt and better than calomel.

For a congested condition of the liver: Take a teaspoonful of pure phosphate of soda in a glassful of water (preferably hot) night and morning.

To check an attack of bilious fever: When you feel an attack coming on, take a 5-grain blue pill at bedtime and a liberal dose of Epsom salts an hour before breakfast the next morning.

A good antibilious pill: Each containing $\frac{1}{4}$ grain of podophyllin and 3 grains of compound extract of colocynth. Dose—One at bedtime.

For jaundiced eyes and skin: Take $\frac{1}{4}$ grain tablet of calomel every hour until the effect of the drug becomes quite noticeable; then stop them and the next morning take a liberal dose of Epsom salts in a glassful of warm water about an hour before breakfast.

Here are a few of the best known liver regulators on the market:

Southern Blood and Liver Syrup—Leptandra (culver's root)

1 part, mayapple root 1 part, senna 5 parts, Virginia snakeroot 2 parts; powder them coarsely, pack into a percolator and exhaust with 25% alcohol to equal 108 parts; then add an equal quantity of simple syrup and the oil of wintergreen to imitate the taste. Dose—Teaspoonful three times a day.—[*King's Anal.*]

Squibbs' Blood and Liver Syrup—Fluid extract of sarsaparilla 4 ounces, fluid extract of stillingia 4 ounces, fluid extract of burdock 4 ounces, fluid extract of poke-root 4 ounces, fluid extract of southern prickly ash bark 1 ounce. Dose—Teaspoonful three times a day.—[*Drug. Cir. Anal.*]

Goddard's Blood and Liver Syrup—Fluid extract of dandelion 1 ounce, tartrate of potassium 1 ounce, carbonate of soda 90 grains, sweet tincture of rhubarb 1 ounce, spring water 12 ounces. Dose—Teaspoonful three times a day.—[*Era Anal.*]

Indian Blood and Liver Syrup—Fluid extract of rhubarb 1 ounce, fluid extract of senna 1 ounce, fluid extract of dandelion 1 ounce, acetate of potassium 6 drachms, compound tincture of gentian 1 ounce, muriatic ether 2 drachms, water 8 ounces; mix the first two with the water, then add the others and shake well. Dose—Tablespoonful three times a day.

"Little Giant" Blood and Liver Syrup—Fluid extract of sarsaparilla 9 parts, fluid extract of stillingia 9 parts, fluid extract of yellow-dock root 6 parts, fluid extract of prickly ash bark 3 parts, fluid extract of senna 3 parts, simple syrup 48 parts, water 48 parts, oils of anise, wintergreen and sassafras of each 1-100th part—all parts by measure. Dose—Teaspoonful three times a day. In blotches, tetter, salt rheum and other chronic diseases of the skin it is claimed to be of exceptional value also.

Improved Liver Regulator—Powdered hepatica (liverwort) leaves 2 ounces, powdered leptandra (culver's root) 2 ounces, powdered serpentaria (Virginia snakeroot) 2 ounces, powdered senna leaves 3 ounces; put into 5 pints of boiling water, allow it to stand 18 hours; strain through muslin, and add 1 pint of good whiskey to keep it. Dose—Teaspoonful three times a day. Claimed to be superior to anything on the market.—[*Prac. Drug.*]

Reliable Liver Regulator—Senna leaves 80 parts, dandelion root 80 parts, mandrake root 40 parts, culver's root 40 parts, cloves 20 parts, cinnamon 20 parts, capsicum 5 parts, sugar 180 parts, 33 1-3% alcohol 815 parts. Dose—Adults should begin with a teaspoonful, persons 12 years old $\frac{3}{4}$ teaspoonful, 8 years old $\frac{1}{2}$ teaspoonful—at night, before retiring, gradually increasing until a cathartic effect is produced; continue at the cathartic dose for several days, unless too severe, after which the dose may be decreased until nature resumes her functions properly. A household remedy for all affections of the liver, irregularities of the stomach and bowels, sick headache, chills and fever, dyspepsia, dysentery, cholera morbus, summer complaint, colic, jaundice, sour stomach, heartburn, female weakness, and general indisposition.—[*Dr. King's Med. Presc.*]

RHEUMATISM

Rheumatism is a name applied to one of the earliest classified of all diseases. In the public mind the word is connected with swollen and painful joints, or, less frequently, with pain in the muscles and sinews. As our knowledge of rheumatism has broadened, we have learned to consider it a disease of the system in general, resulting in local manifestations. The pain and swelling in the joints are due to the irritation exerted by the poison of the disease—which is circulating in the system—upon the delicate structures that compose the joints themselves. The action of this rheumatic poison is felt also upon other parts of the body. Recurring tonsilitis is often the result of such action upon the tissues composing the tonsils; this is frequently the case in adults—it is much more often in children. The action of the rheumatic poison is less frequently exerted upon the joints in children; so that rheumatism is commonly looked upon as a disease of adult life.

One symptom of the rheumatic temperament occurring in children is the development of little rounded bodies beneath the surface of the skin and around the joints; they are most common along the margins of the kneecap and elbow joint, and along the backbone and collar-bone; they appear quickly without pain, but are slow in disappearing. According to the best authorities, it is the most common cause of the nervous disease known as St. Vitus' dance; and an inflammation of the chest walls, called pleurisy, not uncommonly develops during an attack of rheumatism, from the presence of the rheumatic virus in the system. The most dangerous disorder, however, to which the rheumatic temperament gives rise is the well known one of heart disease.

It should be understood that the growing pains of childhood are often the only evidence of a rheumatic tendency; and the chief safeguard against such a tendency lies in giving children proper food and a sufficiency of exercise. The details, too, of the management of children subject to rheumatic symptoms should in all cases be referred to the family physician.

Sciatica is either rheumatism or neuralgia in the sciatic nerve of the leg, but is usually classed among the neuralgias. It is sometimes a terribly painful affection, and in exceptional cases apparently incurable. Most of the attacks disappear after a short time, but are apt to recur.

For Rheumatism—Bicarbonate of potassium 2 drachms, salicylic acid 2 drachms, iodide of potassium 3 drachms, tincture of colchicum seed 3 drachms, syrup of orange peel 3 ounces, water 5 ounces; shake well. Dose—Tablespoonful every two or three hours until necessary to diminish the dose and its frequency.—*[Johnson's Sou. Clin.]*

Dr. Conger's Prescription—Iodide of potassium $2\frac{1}{2}$ drachms, tincture of black snakeroot $1\frac{1}{2}$ ounces, wine of colchicum seed 1 ounce, fluid extract of henbane 4 drachms, simple syrup 5 ounces; shake well. Dose—Teaspoonful well diluted with water every four hours.—[*N. E. Med. Monthly*.]

Rheumatic Remedy—To 1 quart of good whiskey add as much poke-root as you can enclose by meeting thumb and finger tip around it, washing it clean, and cutting into pieces 4 or 5 inches in length; after standing 24 hours, take tablespoonful doses every three hours.—[*Mrs. L. Miller, Argenta, Ark.*]

Crane's Rheumatic Remedy—Oil of anise seed 1 ounce, chloroform 2 ounces; apply with a sponge or piece of flannel, keeping the flannel on the patient.—[*Chem. Anal.*]

Carleton's Rheumatic Remedy—Equal parts of olive oil and oil of wintergreen, colored with a little of the "Green Oil" given elsewhere to imitate. Caution—This should be applied carefully, however, as the pure oil of wintergreen is quite a vigorous irritant.—[*Chem. Anal.*]

Dr. Chambers' Rheumatic Remedy—Tincture of capsicum, oil of turpentine, olive oil, oil of hemlock, gum camphor, tincture of prickly ash bark, oil of sassafras, powdered cayenne pepper—of each 1 ounce, spirits of wine 2 quarts, vinegar 1 quart, ammonia 1 quart; mix, put into a vessel and stir occasionally until mixed and dissolved. This is claimed to give magical results in rheumatic pains, gout, neuralgia, etc. Use as a liniment.

Hansen's Rheumatic Remedy—Alcohol, beef-gall, spirits of turpentine and sweet oil of each 1 gill, gum camphor 4 ounces; put into a bottle and shake well; rub on three or four times a day, a teaspoonful at a time, before the fire. Good also for frost bites.

Rheumatic Remedy—Take a large handful of buckbean, 4 ounces of white mustard seed, and 1 ounce of lignum vitae, or wood of life, to 2 quarts of water; boil down to 3 pints. Dose—Cupful three times a day. Use also the following liniment freely at the same time: Camphor 2 drachms, sal-volatile 3 ounces, sweet oil 1 ounce, laudanum 1 ounce; rub in well three times a day.—[*New Remedies*.]

Dr. Kittredge's Rheumatic Remedy—Strong spirits of camphor 1 pint, neatsfoot (coon, bear or skunk's) oil 1 pint, spirits of turpentine 6 ounces; apply three times a day, shaking the bottle always before using, and rub in all you can for twenty to thirty minutes.—[*Drug. Cir.*]

Kirtland's Rheumatic Remedy—Saltpetre 4 drachms, flowers of sulphur 4 drachms, powdered white mustard seed 4 drachms, powdered rhubarb 4 drachms, sarsaparilla powder 4 drachms, powdered gum guaiacum 2 drachms. Dose—Teaspoonful every other night for three nights, in a wineglassful of cold water; omit three nights, and then repeat.

Johnson's Rheumatic Remedy—Bicarbonate of sodium 10 drachms, citrate of potassium 4 drachms, salicylic acid 1 ounce, wine of colchicum 1 ounce, simple syrup 8 ounces, chloroform water enough to make 16 ounces in all. Dose—Two tablespoonfuls every three hours. For acute rheumatism.—[*Clark Johnson, M. D., Bellevue Hosp., N. Y.*]

Bill Wright's Rheumatic Cure—Flowers of sulphur 1 ounce, saltpetre 1 ounce, gum guaiacum 4 drachms, colchicum root or seed 2 drachms, nutmegs 2 drachms, simple syrup or molasses 2 ounces; all the solids are to be powdered very fine, thoroughly mixed and then worked into a mass with the molasses. Dose—Teaspoonful every two hours, until it moves the bowels rather freely; then three or four times daily until cured.—[*Jour. of Med.*]

Hitchcock's Rheumatic Cure—Spirits of turpentine 1 pint, tar 2 teaspoonfuls, oil of vitriol 1 teaspoonful; put into a mug, place on a fire and allow it to cook for 15 minutes; bathe the parts freely twice a day.—[*J. B. Hitchcock, M. D.*]

Dr. Bonnett's Rheumatic Cure—Olive oil 2 ounces, spirits of camphor 2 ounces, chloroform 2 ounces, oil of sassafras 1 drachm; add the sassafras to the olive oil, then the camphor, and shake well; then add the chloroform and shake again; keep well corked and shake each time before using. "Bill Wright's Rheumatic Cure" for internal use and this one for external application is a hard combination for rheumatic twinges to go up against.—[*Jour. of Med.*]

Acute Rheumatism—Salicylic acid 9 drachms, bicarbonate of soda 6 drachms, wine of colchicum 3 ounces; take just sufficient water to dissolve the first two; then to this add the wine and shake well; then add sufficient simple elixir to make 8 ounces in all. Dose—Two teaspoonfuls every two hours.—[*Bellevue Hosp., N. Y.*]

Rheumatic Prescription—Flowers of sulphur 2 ounces, nitrate of potassium 2 ounces, gum guaiacum 1 ounce, colchicum seeds 1 ounce, nutmegs 1 ounce; pulverize all well, and mix a teaspoonful in a tablespoonful of molasses or honey, and take it every two hours until there is a free action of the bowels, then four times a day until half the amount is taken.—[*Thos. M. Clory, M. D., in N. E. Med. Rep.*]

Chronic Rheumatism—Macrotin 40 grains, pulverized guaiacum 1 drachm; fill No. 12 capsules. Dose—One every four hours. This prescription, persisted in, with the usual external applications, will exceed the anticipations of the most sanguine in many cases of this intractable disease.—[*Dr. Johnson in N. E. Med. Rep.*]

Dunn's Rheumatic Remedy—Salicylic acid 3 drachms, acetate of potassium 3 drachms, fluid extract of black snakeroot 4 drachms, wine of colchicum seed 4 drachms, elixir of ginger enough to make 4 ounces in all. Dose—Teaspoonful in a swallow of water every three hours until better, then three times a day until well.—[*Am. Drug. Jour.*]

Dr. Turner's Rheumatic Cure—Gum camphor 2 drachms, alcohol (95%) 2 ounces, oil of origanum 2 drachms, oil of cajeput 2 drachms, tincture of capsicum 2 drachms, tincture of aconite root 2 drachms. Use as a liniment, and apply freely to the affected parts.—[*Anal.*

Dr. Mulholland's Prescription—Salicylic acid 1 ounce, tincture of colchicum seed 1 ounce, bicarbonate of soda 12 drachms; add enough water to make 8 ounces in all. Dose—Teaspoonful three or four times a day.—[*West. Coll. of Med.*

Rheumatism and Gout—Sulphuric ether 15 drachms, flexible collodion 15 drachms, salicylic acid 4 drachms, sulphate of morphia 1 drachm; make into a liniment, and paint the affected joints every hour or two. Splendid application for the severe pains of gout and rheumatism.—[*London Hosp. Gaz.*

Inflammatory Rheumatism—Salicylic acid 160 grains, acetate of potassium 160 grains, glycerine 10 drachms, sweet spirits of nitre 10 drachms, enough water to make 4 ounces in all. Dose—Teaspoonful every two hours.—[*Dr. Frank Mitchell in Det. Med. Rep.*

Sciatic Rheumatism—Tincture of aconite root, tincture of colchicum seeds and tincture of belladonna of each equal parts. Dose—Six drops every six hours.—[*Dr. Metcalf in King's Med. Presc.*

Chronic Rheumatism—Iodide of potassium 1 ounce, tincture of black snakeroot 3 drachms, wine of colchicum seeds 4 drachms, sufficient water to make 8 ounces in all. Dose—Teaspoonful in water or milk three times a day. If there is much inflammatory deposit in the tissues about the joints and extremities, paint the parts with a solution of iodine compound; if much pain, apply tincture of aconite root.—[*Dr. Chas. A. Thomson in Home Mag.*

A Rheumatic Prescription—Wine of colchicum seeds 6 drachms, tincture of aconite root 3 drachms, iodide of potassium 6 drachms, sufficient water to make 8 ounces in all. Dose—Teaspoonful three times a day in a little water.—[*King's Med. Presc.*

Chronic Rheumatism—Syrup of sarsaparilla compound 8 ounces, syrup of stillingia compound 8 ounces, iodide of potassium 2 ounces, extract of poke-root 3 drachms. Dose—Teaspoonful three times a day.—[*J. Clark, M. D., in Chic. Med. Jour.*

For Acute Rheumatism—Salicylate of soda 4 drachms, peppermint water 3 ounces. Dose—Teaspoonful three times a day in a wineglassful of water after meals.—[*N. E. Monthly Bul. of Med.*

Dick's Rheumatic Relief—Black cohosh root 4 drachms, golden seal root 4 drachms, nerve powder 4 drachms, rum 1 pint. Dose—Half a teaspoonful three times a day. Intended for the most obstinate cases. "Nerve Powder" is made of 1 ounce each of scullcap, valerian and catnip, 1 drachm cayenne pepper and 4 drachms coriander seed; pulverize and mix.—[*Anal.*

Anti-Rheumatic Mixture—Nitrate of potassium 1 drachm,

wine of colchicum root 1 drachm, spirits of nitrous ether 1 ounce, syrup of guaiacum 2 ounces, oil of wintergreen 6 drops, sufficient water to make 6 ounces in all. Dose—Tablespoonful every two hours.—[*One of the standard formulas of the Phila. Hosp.*

Whitcomb's Rheumatic Mixture—Macerate three or four days, colchicum seed 4 drachms, black cohosh root 4 drachms, best rye whiskey 1 pint; bruise the seed and root before adding. Dose—Dessertspoonful three times a day, before meals. Makes great claims in chronic rheumatism for its alterative properties.—[*Anal.*

Dr. Jackson's Cure for Chronic Rheumatism—Oil of cajeput 1 ounce, syrup of myrrh 4 drachms, syrup of gum arabic $3\frac{1}{2}$ ounces. Dose—Teaspoonful three times a day.—[*Era.*

For Old Rheumatic Pains—Camphorated oil 2 ounces, spirits of turpentine 2 ounces, ammonia water 1 ounce, laudanum 1 ounce; mix and shake well.—[*Dr. Frank Chase in West. Drug. Jour.* Use as a liniment.

For Chronic Rheumatism—Virginia snakeroot 1 drachm, sarsaparilla root 6 drachms, burdock seed 2 drachms, poke-root 2 drachms, white-pine bark 2 drachms, cayenne pepper 30 grains; powder all the solids and put them into 3 quarts of water; boil down to 2 quarts. Dose—Cupful two or three times a day.—[*Dr. James Connor in West. Drug. Jour.*

German Rheumatic Fluid—Oil of hemlock 4 drachms, oil of cedar 4 drachms, oil of origanum 1 ounce, oil of sassafras 1 ounce, ammonia water 1 ounce, pulverized cayenne pepper 1 ounce, spirits of turpentine 4 drachms, gum camphor 4 drachms; put all into a quart bottle and fill with 95% alcohol. Use as a liniment.—[*King's Anal.*

Indian Remedy for Rheumatism—Bark of wahoo root 1 ounce, blood-root 1 ounce, black cohosh root 2 ounces, swamp hellebore 4 drachms, prickly ash bark or berries 1 ounce, poke-root (cut fine) 1 ounce, rye whiskey 1 quart; allow to stand a few days before using. Dose—Teaspoonful every three or four hours, increasing the dose to two or three teaspoonfuls, as the stomach will bear.—[*C. J. Jones, M. D., in Wis. Med. Jour.*

Ransom's Rheumatic Relief—Kerosene oil 3 ounces, skunk's oil 1 ounce; mix and always shake well before using; apply freely and warm it in by the stove.—[*Tilden's Chem. Anal.*

Sunlight Rheumatic Relief—Coal oil 2 ounces, neatsfoot oil 1 ounce, oil of origanum 4 drachms; shake each time when using, and apply freely, rubbing briskly and drying it in by the stove.—[*Ford's Anal.*

Merbane's Rheumatic Mixture—Powdered sarsaparilla 2 ounces, cayenne pepper 1 ounce, gum myrrh 4 drachms, pure gin 2 quarts; allow it to stand a few days; shake each time when using. Dose—Teaspoonful in tea or sweetened water three times a day.—[*Pharm. Era.*

“Chelsea Pensioner” for Rheumatism—Honey 16 ounces, flowers of sulphur 1 ounce, cream of tartar 1 ounce, rhubarb 4 drachms, gum guaiacum 1 drachm, 1 nutmeg pulverized. Dose—Two tablespoonfuls in a small tumbler of white wine and hot water on going to bed, and the same quantity before rising in the morning—the patient to remain in bed until any perspiration which may be occasioned has subsided. Lord Anson, of England, is said to have given \$1,500 for the liberty of making this formula public.

Bartlett’s Blood and Rheumatic Remedy—Iodide of potassium 240 grains, fluid extract of poke-root 4 drachms, fluid extract of burdock 1 ounce, fluid extract of prickly ash bark 1 ounce, fluid extract of gentian compound 12 drachms, simple syrup 3 ounces, sherry wine enough to make in all 16 ounces. Dose—Tablespoonful three times a day before meals.—[*Jour. of Chem.*

Delieux’s Wine for Rheumatism, Gout and Neuralgia—Tincture of colchicum seed 5 drachms, tincture of aconite leaves 2 drachms, tincture of foxglove 1 drachm, white wine 200 drachms. Dose—To commence with, half a tablespoonful three times a day.

Dr. Killinger’s Rheumatic Liniment—Oil of stillingia 4 ounces, oil of cajeput 2 ounces, oil of lobelia 1 ounce, alcohol 8 ounces—all fluid measure. In chronic rheumatism, chronic skin diseases, tetter, eczema, itch, etc.

Pattee’s Rheumatic Liniment—Olive oil 2 drachms, oil of turpentine 2 drachms, ammonia water 2 drachms, spirits of chloroform 2 drachms, papine 2 drachms, soap liniment 4 ounces; apply freely. Great claims made for it in muscular rheumatism.

Dr. Delmo’s Rheumatic Liniment—Fluid extract of belladonna 1 ounce, fluid extract of aconite root 4 drachms, fluid extract of colchicum seed 1 ounce, chloroform 1 ounce, glycerine 2 ounces; mix the chloroform with the glycerine, then add the others and shake well; apply freely.

Dr. France’s Rheumatic Liniment—Oil of sassafras 2 ounces, chloroform 14 ounces, tincture of camphor 15 ounces, olive oil 16 ounces; mix the sassafras and olive oils together, add the camphor and shake well; then add the chloroform; keep well corked.

Suggestions—For inflammatory rheumatism, gelsemium administered in doses of five to thirty drops is a very serviceable remedy; the dose should be repeated at intervals until the pain and inflammation disappear.—[*Dr. A. M. Scudder in Sou. Med. Rev.*

Bathe the parts affected with water in which potatoes have been boiled, as hot as can be borne, just before going to bed; by the next morning the pain will be much lessened, if not removed entirely. One application of this simple remedy has cured the most obstinate cases of rheumatic pains.—[*Dr. Morehouse in Nat. Med. Jour.*

Goose oil, rubbed well into the aching joints, will sometimes prove beneficial.

Ipecac powder 1 drachm, opium 1 drachm, sulphate of potassa 1 ounce; triturate all together but be sure the opium is thoroughly mixed. Dose—From two to five grains, repeated; avoid much drinking after taking it, or it might cause vomiting. "A splendid remedy," says Dr. Dover in *East. Drug*.

A Spanish cure for chronic rheumatism: Take sarsaparilla root 4 ounces, rasped guaiacum wood 1 ounce, extract of sarsaparilla 2 ounces, crude antimony 4 drachms, walnut hulls 10 drachms; tie them in a linen bag, put them into 3 pints of water, boil down to 2 pints, and strain, adding the extract after straining. Dose—Wineglassful every hour.

Dr. Alvah Raymond takes rum 1 pint, neatsfoot oil 6 ounces (or if the joint is stiff, skunk's oil instead), spirits of turpentine 1 gill; simmer them together and bottle; rub in well three times a day. He also directs to soak the feet in hot water, scraping the bottom of the feet with an old knife; then he has poke-root roasted and mashed, mixing it with tar and sulphur, and binds them to the soles of the feet.

Chronic rheumatism has been cured in 24 hours, after two years' suffering, by using alcohol, spirits of turpentine, sweet spirits of nitre and oil of juniper in equal parts; rub well into the parts frequently and take ten drops in water at bedtime.—[*Dr. Chas. Morlock in Nat. Drug*.

In chronic rheumatism, take half a pound each of prickly ash berries, spikenard root, yellow poplar and dogwood barks, pulverize them finely, put into a gallon jug, and fill it with brandy. Dose—Wineglassful three times a day before meals.—[*New Ideas*.

For inflammatory rheumatism, take 4 ounces each of pulverized yellow poplar, dogwood, prickly ash, wild cherry and white ash barks, put them into 2 gallons of water and boil down to 1 gallon; strain, and add an equal quantity of pure rye whiskey; take freely three times a day.—[*Dr. James Stoddard in M. and S. Rep.*

Another writer recommends, in chronic rheumatism, taking the bark of a bearing crabapple tree and putting a sufficient amount of it into whiskey to make it extremely strong, then taking a wineglassful three times daily until a gallon is used.

Rub well in, warm molasses and apply to the affected parts brown paper smeared therewith; renew the application in ten or twelve hours.

Or, drink half a pint of tar water morning and evening.

Or, steep 6 or 7 cloves of garlic in half a pint of white wine and drink it while lying down. It sweats, and frequently cures at once.

Mix flowers of sulphur with honey, in equal quantities, and take three teaspoonfuls at night, two in the morning, and one afterwards each evening and morning until cured.—[*Dr. Wesley*.

Triturate 1 ounce of extract of sarsaparilla with 1 pint of

boiling water; to this add 2 drachms of iodide of potassium. Begin with teaspoonful doses three times a day.—[*St. Louis Med. Jour.*]

The application of a wheat-bran or oatmeal poultice, diluted with muriatic acid water, or the tincture of lobelia water, has often been known to give relief.

Enveloping the limb for one night in flowers of sulphur will cure sciatic rheumatism; the urine next morning will smell strongly of sulphuretted hydrogen.—[*Dr. Asa Parker in Sou. Med. Jour.*]

Bicarbonate of potash 12 drachms, iodide of potash 4 drachms, water 2 pints. Dose—Tablespoonful three times a day in water.—[*Dr. Gleason.*]

“Fowler’s Solution” 1 ounce, iodide of potassium 1 ounce, simple syrup 1 pint. Dose—Teaspoonful three times a day. In articular rheumatism of the small joints.—[*Dr. Gleason.*]

Tincture of aconite 2 drachms, spirits of turpentine 1 ounce, tincture of opium 1 ounce, soap liniment enough to make 6 ounces in all; make into a liniment and use freely three times a day.—[*Dr. Frank Johnson.*]

Try ichthyol 1 ounce, lard 2 ounces, and thoroughly rub into the affected parts twice a day. It is not very pleasant to use, but is very penetrating.

Or this, which is more pleasant: Oil of wintergreen 1 ounce, soap liniment 3 ounces.

There are few cases of chronic rheumatism that will not in some manner be benefited by the use of iodide of potassium.

Try this liniment: Spirits of turpentine 1 ounce, strongest camphorated spirits 1 ounce, 2 raw eggs, best cider vinegar 1 pint; mix thoroughly, keep well corked, and rub in well three or four times a day.

Or this: Olive oil 2 ounces, water of ammonia 2 drachms, oil of rosemary 10 drops; keep tightly corked, and use as a liniment.

Or this: Take 1 fresh egg and beat it up well, brandy 8 ounces, spirits of turpentine 12 drachms, spirits of wine 4 drachms, gum camphor 1 ounce, common table salt 1 tablespoonful; put into a bottle and shake until all are completely dissolved; rub in well three or four times a day. This liniment has effected many cures in a few days.—[*Dr. Thompson in Am. Drug.*]

Try a liniment of oil of sassafras 2 ounces, tincture of prickly ash bark 1 ounce, tincture of capsicum 1 ounce, oil of hemlock 1 ounce; mix, and rub well in.

For rheumatic pains in the bones and joints, take friar’s balsam 1 ounce, tincture of myrrh 1 ounce, spirits of turpentine 2 ounces, strong old ale dregs 2 ounces; mix and bathe the affected parts freely.

The following makes a pleasant iodide of potassium mixture for rheumatism: Iodide of potassium 1 ounce, syrup of sarsaparilla compound 8 ounces. Dose—Teaspoonful three times a day.—[*Dr. Conwell in “Pop. Med. Knowledge.”*]

Equal parts of oil of wintergreen and olive oil, mixed, and rubbed well into the affected limbs, and covered with cotton batting, is very beneficial in some cases, especially when in the chronic form.

In old chronic cases, it should not be forgotten that rheumatism and gout are closely related, and that colchicum and other anti-gout medicines will often cure when other remedies fail.

In acute rheumatism: Take extract of wild cucumber (eleterium) 10 grains, compound extract of colocynth 2 drachms, jalap 1 drachm, pure castile soap 1 drachm, enough oil of juniper to form a mass; make 50 pills. Dose—Two or three twice a day. Also good in gout.

Mix half a cupful each of pure cider vinegar and turpentine with the beaten white of 2 eggs thoroughly; pour a tablespoonful or more on some red flannel, lay on the aching spot and cover with oiled silk. Relief is said to be instantaneous.

Horseradish leaves scalded in hot vinegar will cure severe pain; the leaves should be wrapped in thin muslin before applying or they will blister the skin.

A good liniment and cheap: Beat up an egg and add to it half a pint of turpentine and a tablespoonful of salt; shake well in a bottle; it will be like thick cream and remain good until all is used.

Celery is not only a nerve tonic but is helpful to rheumatic persons.

Fruit acids, especially that contained in apples, are excellent to relieve a rheumatic condition of the system.

Eat a dozen walnuts every day; in chronic rheumatism, they will cause the swelling to go down and decrease the pain. Useful also for gouty people.

Rub the joints night and morning with a brine of salt, rubbing it in until the skin is dry.

Abstain from taking beer, sweets, sugar, or pastry; but take plenty of milk, celery stewed in milk, or prepared in other ways, and onions.

Turkish baths do much good to rheumatic persons, but, being a severe remedy, should never be tried without first consulting a physician, or the result may be most injurious.

Try this ointment: Extract of opium 6 drachms, extract of belladonna 6 drachms, extract of cinchona 6 drachms, ammonia water 7 drachms, lard 20 ounces.

Or this, as a liniment: Melt together oil of mace 4 ounces, beef marrow 4 ounces; then mix alcohol 4 drachms, oil of rosemary 2 drachms, balsam of tolu 2 drachms, oil of cloves 1 drachm, camphor 1 drachm; when thoroughly mixed, add to the first mixture and stir well. Said to be an excellent liniment for rheumatism, neuralgia, etc.

A preparation known as "Rheumatic Drops," or "No. 6," is made after this formula: Gum myrrh 1 pound, golden seal 4

ounces, African capsicum 1 ounce, best brandy 2 quarts; put into a jug and shake well several times a day for 8 or 10 days. Dose—From one to two teaspoonfuls in warm water. It is also an excellent stimulant and tonic, and a good lotion for fresh wounds, bruises, sores, sprains, mortifications, etc.

Or try what is known as "Fox's Tincture for Chronic Rheumatism," which carries the following formula: Infusion of horse-radish root 4 ounces, fluid extract of valerian 2 drachms, fluid extract of rhubarb 4 drachms, sherry wine 2 pints. Dose—Two tablespoonfuls every three hours. Also used in paralysis.

For articular rheumatism: Hydrate of chloral 2 drachms, salicylic acid 60 grains, stramonium ointment 2 ounces; rub in well.

Or this, for the articular kind: Salicylate of soda 4 drachms, tincture of nux vomica 2 drachms, essence of pepsin enough to make 6 ounces in all. Dose—Two teaspoonfuls every two or three hours.

For chronic rheumatism: Iodide of sodium 1 drachm, bicarbonate of sodium 2 drachms, bicarbonate of potassium 4 drachms, Fowler's solution 48 drops, syrup of sarsaparilla 7½ ounces. Dose—Tablespoonful after each meal.

Or the ammoniated tincture of guaiac may be tried. Dose—One or two teaspoonfuls in milk three or four times a day.

Sciatic rheumatism: Painting tincture of iodine over the course of the sciatic nerve sometimes affords relief. When the neuralgic pain is severe, powders of codeine and phenacetine, each consisting of ¼ grain of the former to 5 grains of the latter, should be taken every two or three hours.

LUMBAGO

Lumbago is a specie of chronic rheumatism, which affects the muscles of the lower part of the back, causing great pain and stiffness. The patient can scarcely stir without having the most piercing pain. It may be confined to one side or affect the loins generally. Its attacks are generally sudden, immediately after or in the act of stooping, or rising from the bed, or may follow a sudden movement of the body, or straining, as in lifting a weight from the ground. Sometimes lumbago is due to rheumatism, at other times to neuralgia; occasionally it exists as a remnant of a sprained back; persons who have had it once are very prone to future attacks, from exposure, fatigue or strain. It is usually connected with some derangement of the stomach, bowels or kidneys.

Take a beef's gall and pour it into a pint of alcohol; bathe the parts frequently.

A good cathartic and mustard foot-bath will often give relief.

A cayenne pepper or menthol plaster applied to the parts affected will answer for mild cases.

Chloroform liniment answers an excellent purpose.

A hot sitz-bath will sometimes greatly relieve the pain.

One-half to a teaspoonful dose of the fluid extract of black cohosh (*cimicifuga racemosa*) three or four times a day is said to remarkably benefit some cases.

When the ailment becomes chronic, use tonics and alteratives, and a change of occupation may be necessary; if due to rheumatism, neuralgia, malaria, or other specific poison in the system, appropriate remedies must be used before a cure can be effected.

Milkweed (*asclepias syrica*) is highly recommended by Dr. Reynolds, of Smithville, Mo., as an efficient remedy for lumbago. A decoction of the roots, gathered between August and April, should be used in doses of half a teaspoonful four or five times a day.—[*Med. and Surg. Rep.*

Or try this: Iodide of potassium $\frac{1}{2}$ ounce, bromide of potassium $\frac{1}{2}$ ounce, tincture of colchicum seeds $1\frac{1}{2}$ fluid ounces, syrup of orange peel 2 fluid ounces, water enough to make 6 fluid ounces in all. Dose—Teaspoonful three or four times a day, or increased up to causing loose movement of the bowels.—[*Med. and Surg. Rep.*

Dr. Kregloh's Lumbago Cure—Tincture of iodide, ammonia water and collodion equal parts; make into a liniment and bathe freely. Relief given almost instantly—it is claimed.

Brodie's Remedy for Lumbago—Iodide of potassium 1 drachm, deodorized tincture of opium 4 fluid drachms, spirits of lavender compound 2 fluid drachms, spirits of nitrous ether 1 fluid ounce, distilled water 24 fluid ounces. Dose—Two table-spoonfuls twice daily.—[*Sir B. Brodie, King's Med. Presc.*

Ehrichsen's Prescription—Iodide of potassium 1 drachm, carbonate of potassium 1 drachm, tincture of aconite root 2 fluid ounces, distilled water 10 fluid ounces; apply as a liniment every few hours freely.

Lenhart's Lumbago Remedy—Rectified oil of turpentine 100 drops, sulphuric acid 4 scruples, mucilage of gum arabic 12 drachms, syrup of poppies 4 drachms, rose water 6 ounces; mix and take one-fourth of the quantity each morning for four days or until relieved.—[*Anal.*

Lumbago Poultice—Linseed meal 1 ounce, slippery-elm bark (powdered) 4 ounces, powdered lobelia 6 ounces, ginger 4 ounces, whiskey sufficient to make it of the right consistency. Good also for all inflamed parts, as the side in pleurisy, rheumatism, liver complaint, etc.

Lumbago Plaster—Powdered opium 1 ounce, powdered spruce fir resin 6 ounces, lead plaster 2 pounds; melt the plaster and resin together over a water bath; then add the opium and mix well. Good also for all rheumatic pains.

GOUT

Gout is divided into two divisions by the ablest medical authorities—the regular or acute, and the irregular or chronic. While gout and rheumatism are entirely different in their nature, they are, in some respects, sufficiently similar to become associated in the minds of the people. They are often found thoroughly blended in the same person—then it is usually known as rheumatic gout. Among the differences between gout and rheumatism may be mentioned the following: Gout attacks the small joints only, and generally only a limited number at a time, with a persistent tendency to the big toe; rheumatism attacks the large joints, is quite general, and affects the joints of the upper as well as the lower extremities. Gout is much more associated with indolence and high living, and the use of intoxicants, while rheumatism is usually associated with exposure, cold, dampness, and debility of body. In the chronic form, it is often quite difficult to distinguish between the two diseases. A victim of the former aptly described gout when he said: “Put your big toe in a vise and turn until you can’t stand it any longer—that is rheumatism; give it about two more turns—that is gout.”

The wine of colchicum root is perhaps the best single remedy in gout. In acute gout, the dose is ten to twenty-five drops three, four or five times a day; in chronic cases, in doses of ten to fifteen drops. Colchicum should not be given in very large doses, as it is regarded as a poison, and it may produce unpleasant and serious results.

Cold applications should never be used, as they may drive the disease to some important organ.

Laudanum may be applied on light rags (covered with oiled silk) to relieve the pain of the inflamed joints.

The following is used in hospital practice, and is found useful—the parts are to be wrapped in lint soaked in the mixture well shaken up: Bicarbonate of soda 2 ounces, linseed oil (pure) 1 pint.

Try this: Wine of colchicum root 2 drachms, cream of tartar 5 drachms, Rochelle salts 5 drachms, enough peppermint water to make 4 ounces in all. Dose—Tablespoonful three times a day.—[*Dr. Randolph in Det. Med. Times.*]

For chronic cases: Take hot vinegar and put into it all the table salt which it will dissolve, and bathe the parts with a soft piece of flannel; rub it in well with the hand and dry the foot by the fire; repeat this operation four times in twenty-four hours, fifteen minutes at each time, for four days; then twice a day for the same period; then once, and follow this rule whenever the symptoms show themselves at any future time.—[*Dr. Chase's Recipes.*]

Wine of colchicum seed 3 ounces, fluid extract of opium 4 drachms. Dose—From twenty to thirty drops.—[*Dr. Eissenmann.*]

For persons with a gouty tendency, a ripe apple, peeled, eaten with a little salt, and well masticated, is useful, taken shortly before retiring at night.

Carrots are good for those having a tendency to gout.

Tomatoes are good for a torpid liver, but should be avoided by gouty people.

Bejean's Gout Remedy—Oil of wintergreen 5 drachms, extract of gentian 5 drachms, iodide of potassium 4 drachms, sodium salicylate 4 drachms, alcohol 20 drachms, water 80 drachms.—[*Anal.*]

Scudamore's Gout Mixture—Sulphate of magnesia 1 ounce, vinegar of colchicum 1 ounce, syrup of saffron 1 ounce, magnesia 160 grains, mint water 10 ounces. Dose—From one to three tablespoonfuls every two hours until four or six evacuations are procured in the twenty-four hours.—[*King's Anal.*]

Dr. Keen's Prescription for Gout—Tincture of colchicum seeds 30 drops, carbonate of magnesia 12 grains, sulphate of magnesia 60 grains, enough peppermint water to make 2 fluid ounces; make into two doses. Take the second dose if necessary.—[*Univ. Hosp.*]

Dr. Graham's Gout Prescription—Extract of black snakeroot 3 fluid drachms, wine of colchicum root 1 ounce, cinchona 2 ounces. Dose—Teaspoonful every three hours.—[*Toronto City Hosp.*]

Dr. Montjoy's Gout Mixture—Iodide of potassium 2 drachms, wine of colchicum seeds 2 ounces, tincture of black snakeroot 4 ounces, tincture of stramonium 1 ounce, camphorated tincture of opium 3 ounces. Dose—Teaspoonful every four hours.—[*Chicago Clin. Hosp.*]

Dr. Kingseed's Prescription for Gout—Chloride of ammonium 4 drachms, chlorate of potassium 2 drachms, glycerine 12 drachms, tincture of iodide 2 drachms, water sufficient to make 12 ounces in all. Dose—Two tablespoonfuls every third, fourth and sixth hours. Gives satisfactory results in acute and subacute cases, relieving the pain almost immediately, and reducing swellings.—[*Hahnemann Hosp. Notes.*]

Dr. Gleason's Prescription—Bicarbonate of potassium 1 ounce, wine of colchicum 3 ounces, sulphate of morphia 10 grains, water 1 pint. Dose—From one to two teaspoonfuls three or four times a day.—[*Dr. Gleason in "Everybody's Own Physician."*]

Dr. White's Gout Pills—Calomel, powdered socotrine aloes, powdered ipecac and acetic extract of colchicum of each 1 drachm; mix and make into a mass with syrup, and divide into 60 pills. Dose—From one to three daily.—[*Anal.*]

Becquerel's Gout Pills—Sulphate of quinine 212 grains, extract of digitalis (foxglove) 31 grains, powdered colchicum seeds 77 grains; make into 100 pills with syrup. Dose—From one to three a day for several days in succession.—[*King's Anal.*]

Lartigue's Gout Pills—Compound extract of colocynth 20 grains, extract of colchicum 60 grains, extract of opium 1 grain; mix into a mass thoroughly with syrup or mucilage and divide into 18 pills. Dose—One or more, according to their purgative effect.

Graves' Gout Preventive—Dried orange peel 2 ounces, rhu-barb 1 ounce, hiera picra (aloes and canella) 2 ounces, brandy 1 quart; mix and digest for a week. Dose—Teaspoonful occasionally.

Gout Tincture—Veratrum viride (swamp hellebore) 1 ounce, opium 4 drachms, wine 1 pint; allow the mixture to stand for several days. Dose—From fifteen to thirty drops (according to the robustness of the patient) at intervals of two to four hours.—*[Drug. Era.*

NEURASTHENIA

Neurasthenia, nervousness, or nervous debility, is a term conveniently applied to a general deficiency of tone and strength in the nervous system. The amount of nerve force seems to vary in different people as greatly as does the amount of money they possess. Some families and some people seem to have an inexhaustible supply; while others live very close to nervous bankruptcy, and the least drain made upon their nerve force leaves them all unstrung. Neurasthenia may be the effects of acute or chronic diseases; it may partake of a chronic character in its course; and it also may be the cause of chronic and acute diseases. Thus neurasthenia, or nervous exhaustion, may give rise to dyspepsia, headaches, paralysis, insomnia, rheumatic gout. Authorities say this disease is most frequently met with in the highest civilized, intellectual communities; if this be true, it is part of the compensation for our progress and refinement. Yet it can be found among all classes, especially among females in the dense factory districts of our own country—as a result of the conditions under which they perform their labor. Impure blood poisons the brain, paralyzes the nerves, and produces diseases of these organs.

Neurasthenia is no disease of the imagination, as many people have long supposed, but really an indication of a complicated disarrangement of the nutritive, vital and nervous systems—most difficult to understand and still more difficult to cure; and its miserable victim is more often to be pitied than one who labors under the influence of fever, or any of the various forms of inflammation. The chronic type of the disease sometimes proves directly fatal, without causing any organic disease, but such a termination is not usual. Its most usual sequence is that of paralysis of the lower limbs, as in locomotor ataxia, in general paralysis, neuralgia, in uterine disturbances, and in actual insanity; or under proper treatment it may go on to perfect recovery.

Dr. Bonham says: "The one principle on which neurasthenia

should be treated is by concentration of all possible tonic influence on the nervous system—air, sunlight, food, rest, cheerful surroundings, diversion of thought, muscular exercise, and the internal administration of such remedies as directly affect the central nervous system.”

To Quiet the Nerves—Bromide of potassium 20 grains, fluid extract of Jamaica dogwood 1 drachm. All for dose, to be taken in a little water; to be repeated in thirty minutes if not relieved.—[*Dr. F. J. Carter.*]

Syrup for the Nerves—Diluted phosphoric acid 4 drachms, elixir calisaya 2 ounces, tincture valerian ammoniata 1 ounce, glycerine 2 ounces, pure sherry wine 3 ounces. Dose—Tablespoonful three times a day. In nervous debility.—[*Dr. C. Cromer in Med. Sci.*]

Nerve Powder—Sculleap 1 ounce, valerian 1 ounce, catnip 1 ounce, cayenne pepper 1 drachm, coriander seeds 4 drachms; powder all very fine and mix. Dose—Teaspoonful in a cup of boiling water, leaving room for milk and sugar; repeat according to the symptoms and urgency of the case. This powder will tranquilize the most irritable nerves without debilitating and deadening their sensibilities, and it greatly strengthens them.—[*New Ideas.*]

Nerve Drops—Mix 8 drops of spirits of hartshorn with 4 drops of the oil of lavender and take in a wineglassful of water.—[*Era.*]

Nerve Mixture—Liquid carbonate of ammonia 1 drachm, compound tincture of cardamom 1 ounce, oil of lavender 16 drops, mint water 6 ounces. Dose—Divide this amount into about five doses, and take until relieved.—[*Amer. Drug.*]

Nerve Tincture—“Compound tincture of bark” 4 ounces, ammoniated tincture of valerian 3 ounces, compound tincture of aloes 1 ounce. Dose—Two teaspoonfuls twice a day. In general weakness, low spirits and nervous irritability.—[*West. Drug. Jour.*]

Nerve Relief—Carbonate of ammonia 2 scruples, camphor water 9 ounces, compound tincture of valerian 1 ounce, paregoric 2 ounces, tincture of lavender 4 drachms, compound spirits of ether 4 drachms. Dose—Tablespoonful every four hours.—[*Dr. Henry Richelieu in Nat. Med. Journal.*]

Nerve Tonic—Bromide of ammonia 3 drachms, bromide of potassium 3 drachms, bicarbonate of potassium 80 grains, tincture of columbo 6 drachms, water 6 ounces. Dose—Teaspoonful three times a day in water. Will put vigor into both brain and body.—[*A. C. Munro, M. D., in London Med. Rev.*]

Brodium's Nerve Cordial—Equal parts of wine of iron, spirits of lavender compound, tincture of columbo, gentian, cinchona and cardamom; mix and take a teaspoonful two or three times a day.—[*Atl. Med. Rev.*]

Kingsley's Nerve Sedative—Oil of valerian 30 drops, carbonate of ammonia 100 grains, cinnamon water 15 fluid ounces, syrup of cinnamon 5 ounces. Dose—Tablespoonful every three hours.—[*Nat. Jour. of Med.*]

Tilden's Celery Compound—Celery seed 128 grains, garden lettuce 128 grains, cramp bark 128 grains, kola nuts 128 grains—all solid extracts; enough syrup to make 4 ounces in all.—[*Tilden's Form.*]

Paine's Celery Compound—Celery seed 2 ounces, red cinchona 1 ounce, dried orange peel 2 drachms, coriander seed 2 drachms, dried lemon peel 2 drachms, hydrochloric acid 15 drops, alcohol 5 ounces, glycerine 3 ounces, syrup 4 ounces; grind all the solids to a No. 40 powder; mix the acid and water and add to the powder; allow it to stand two hours and then add the glycerine and alcohol; after standing two days filter and bottle.—[*Era. Anal.*]

Spackman's Nerve Tonic—Sulphate of quinine 1 drachm, tannin 12 grains, syrup of ginger 2 ounces, fluid extract of valerian 12 drachms, compound tincture of cardamom 4 drachms. Dose—Teaspoonful four times a day.—[*King's Anal.*]

Sarah Bernhardt's Nerve Sedative—Spirits of ammonia 4 ounces, spirits of champhor 4 ounces, sea salt 3 cupfuls, alcohol 4 cupfuls; put into a half-gallon bottle and fill with medium hot water, and shake each time before using. Delightfully refreshing if the entire body is sponged with the liquid undiluted, and will remove all stiffness and fatigue.—[*De Temps.*]

Suggestions—Try this for nervous exhaustion: Sulphuric acid mixture 4 drachms, syrup of orange peel 2 ounces, cinnamon water 1 ounce. Dose—Teaspoonful three times a day in a wineglassful of water.

In nervousness and debility, try this: Tincture of cinchona 3 ounces, tincture of valerian 2 ounces, peppermint water 8 ounces. Dose—Tablespoonful three or four times a day.—[*Nat. Med. Jour.*]

Bromide of potassium 1 drachm, syrup of orange peel 3 ounces, water 3 ounces. Dose—From one to three or four tablespoonfuls.—[*Era.*]

A celery nerve: Fluid extract of celery seed 1 part, fluid extract of cocoa leaves 1 part, fluid extract of black haw bark 1 part, simple elixir 12 parts.—[*Hart's Form.*]

Equal parts of the fluid extract of American valerian and fluid extract of catnip. Dose—From fifteen to thirty drops every two hours, in water. Of great value in nervous disability, headache, neuralgia, nervousness, etc.

“Camphor Water” for neurasthenia, hysteria and other nervous affections: Put half an ounce of gum camphor in a muslin bag, and enclose with it in the bag a glass marble and put into a glass fruit jar; now fill up the jar with water that has boiled a few minutes and allowed to become cold. The glass marble is used to keep the camphor from floating. In three days the water will be so saturated with the camphor as to be ready for use. A wine-glassful is a dose.

Celery contains sulphur, and helps as a nerve tonic as well as to ward off rheumatism.

Onions are a tonic for the nerves.

Doses of thirty drops to a fluid drachm of sweet spirits of nitre will be found good in nervous irritability.

The aromatic spirits of ammonia will be found good; take thirty drops to a fluid drachm, diluted with sufficient water.

Try twenty to forty drops of the ammoniated tincture of valerian, in milk or water.

When chlorosis accompanies the trouble, give valerianate of zinc, in doses of one or two grains, repeated several times a day, and take in form of pills.

NEURALGIA

Strictly speaking, all pain, in any disease, is nerve pain; and therefore the term neuralgia might be applied to every phase of disease, acute and chronic, that is attended with unpleasant sensations. This term, however, as ordinarily employed, designates an affection of the nervous system, which is attended with pain in the course of some of the principal sensory nerves. When, in any disease, the pain follows the course of any particular or prominent nerve-branch, it receives the name neuralgia.

The pains of this affection are usually quite sudden in their onset, and are of a lacerating, stabbing, darting, or burning character; they are more or less intermittent, and are not ordinarily accompanied by any constitutional febrile disturbance. In this country it afflicts nearly every family in some form or another. Some are martyrs to the disease all their lives, and find from medicine only temporary relief.

Temporary weakness often brings on attacks of neuralgic pain in those disposed to have them; such persons should never wait too long for a meal.

Heat applied to the painful part will frequently do good; on some parts of the body a mustard-plaster is just the thing.

If in the face, apply grated horseradish root to the temples.

If in the feet and limbs, bathe them night and morning with salt water as hot as can be borne; when taken out, rub them briskly with a coarse towel.

Neuralgia Mixture—Tincture of belladonna 1 ounce, tincture of camphor 1 ounce, tincture of arnica 1 ounce, tincture of opium 4 drachms; apply over the seat of pain, and give ten to twenty drops in sweetened water every two hours.—[*Balto. Univ. Hosp.*

Malarial Neuralgia—Quinine sulph. 50 grains, liq. tong. sal. 8 ounces. Dose—Teaspoonful every hour until relieved.—[*Dr. A. Grierson in West. Med. Jour.*

Neuralgia and Rheumatism—Tincture iodine compound 30 drops, ammonia water 30 drops, powdered camphor 2 drachms, chloroform 4 drachms. Use as a liniment only; rub freely three or four times a day.—[*Dr. Baltzell.*

A Neuralgia Remedy—Aconite 8 grains, veratria 30 grains, glycerine 4 drachms, cerate 12 drachms. Use externally only; rub it well over the affected parts, but care should be taken to see that there is no abrasion of the skin. Among the many local applications, I have found this one best adapted for general use.—[*Dr. Gale Bradford before the Suffolk Med. Soc.*]

Sciatic Neuralgia—Sulphate of strychnine 1 grain, arsenious acid 1 grain, water 3 ounces. Dose—Teaspoonful after each meal.—[*King's Med. Presc.*]

Neuralgia Drops—Tincture of aconite 8 drops, tincture of cimicifuga (black cohosh, black snake-root) 12 fluid drachms, compound spirits of ether (Hoffman's Anodyne) 4 drachms. Dose—Teaspoonful every hour.—[*Dr. Bothwell.*]

Jackson's Neuralgia Remedy—Iodide of potassium 3 drachms, sulphate of quinine 30 grains, syrup of ginger 2 ounces, water 5 ounces. Dose—Tablespoonful every three hours.—[*Dick's Encyc.*]

McLean's Neuralgia Liniment—Extract of belladonna 4 grains, ammonia water 6 fluid ounces, oil of turpentine 4 fluid drachms, olive oil 4 fluid drachms, tincture of opium 2 fluid ounces; apply freely while the pain exists.—[*Anal. Chem.*]

Graham's Neuralgia Liniment—Chloroform 1 fluid ounce, oil of cajeput 2 fluid drachms, camphor 12 drachms, veratria 12 grains, tincture of aconite root 12 fluid drachms; apply freely.—[*Era Anal.*]

Excelsior Neuralgia Liniment—Sulphate of atropia 30 grains, sulphate of morphia 1 drachm, aconite 6 grains, diluted sulphuric acid 20 drops, alcohol 2 ounces, olive oil 1 pint; shake up well, and apply to the skin over the pain.—[*Clark's Form.*]

Neuralgia Pills—Extract of belladonna 10 grains, camphor 2 drachms, extract of aconite 10 grains, sulphate of morphia 2 grains, arsenious acid 1 grain, sulphate of quinine 30 grains; form into a well-mixed mass with mucilage of gum arabic and divide into 40 pills. Dose—One pill three times a day.—[*Mrs. C. W. Gleason, M. D.*]

Prince's Neuralgia Ointment—Cyanide of potassium 2 drachms, chloroform 2 drachms, fresh unsalted lard 1 ounce; make into an ointment by mixing thoroughly; anoint the affected parts freely.

Buckeye Neuralgia Ointment—Fresh and good solid extract of belladonna 3 drachms, powdered opium 30 grains, fresh unsalted lard 3 drachms; mix thoroughly; apply with friction six to eight minutes.

Suggestions—Take equal parts of chloroform, camphor and hydrate of chloral and use as a liniment. This mixture is very rapid in its anodyne action on the parts to which it is applied.—[*Prof. Robt. Bartholow.*]

Three-drop doses of the tincture of gelsemium every half hour will often miraculously relieve neuralgia about the face and head and leave no ill effects.—[*Dr. Cady.*]

Try this: Tincture of aconite 25 drops, tincture of belladonna 60 drops, water 4 ounces. Dose—Teaspoonful three times a day.—*[Dr. Ford Johnson.]*

A remedy said to be efficacious consists in applying bruised horseradish-root to the wrist on the side of the body where the pain is.

A remedy, which is sometimes instantaneously successful, is made by mixing equal parts of sweet oil, spirits of hartshorn and chloroform; shake it well, and before time is allowed for its ingredients to separate, wet a bit of rag or lint, place it on the painful spot for about a minute, or less if relieved sooner, but hold a handkerchief on the lint so as to confine the volatile ingredients; if kept on too long, the skin may be taken off.—*[Dick's Encyc.]*

Try the "Good Samaritan's Liniment," given elsewhere, or any of the liniments given for rheumatism.

Veratria ointment (15 grains of veratria to 1 ounce of fresh lard) rubbed over the painful nerve is sometimes efficacious.

Make a liniment of 1 drachm of hydrate of chloral with 4 fluid ounces of the "Soap Liniment," given elsewhere; gently rub in, for a few moments at a time, over the part affected with pain.

Try equal parts of hydrate of chloral and gum camphor, rubbed well together, and apply to the parts affected. This is the "Liquid Chloral-Camphor Mixture."

Rub on the spot a lemon cut in halves.

Laudanum, or paregoric, soaking a rag with it and putting on the seat of pain, then covering with oiled silk to confine the fumes, is said to have a magical effect in some cases.

Equal parts of oil of peppermint and ether form a very effectual liniment.

Or, dissolve 60 grains of menthol in 2 ounces of alcohol, and apply over the painful area; this is extensively used.

Oil of peppermint alone painted over the affected parts is said to afford much relief.

Salicylic acid, taken internally, is said to be as equally beneficial in neuralgia as in rheumatism.

Prepare a mustard-poultice, either by scalding corn meal and mixing with an equal quantity of mustard, and a little catnip—or flour, mustard and the white of an egg, which will prevent blistering; place it on the back of the neck, or on the temples, or wrists; then place the feet in hot water in which a handful of mustard has been thrown. This will relieve the worst paroxysms, if it does not cure.—*[Mrs. W. C. Goodrich in Farm. Weekly.]*

Witch hazel helped me a good deal for a while; bathe the parts freely with it, and apply a saturated bandage to the painful spot.—*[Mrs. C. Woodworth in Rural World.]*

Fill a small bag with equal parts of hops and catnip; heat it and apply it dry, or wring it out of hot vinegar, or sprinkle it with laudanum.

A liniment which I have found very useful is prepared as follows: Sweet oil 2 parts, ammonia water 1 part; shake well; to a pint of the mixture add 1 ounce of the tincture of iodine and 2 ounces of the spirits of camphor; rub it in well with the hand.—*[Mrs. Elinore Jones in Floral World.]*

“Tie a piece of black silk thread around your neck, another around your waist, connect them back and front by another similar thread—one over the chest and one down the back—and in most cases the pain will leave in five minutes; why, I can’t explain.”—*[Mrs. Arlie Franks in West. Rural.]*

“What gave me relief—simply the wearing of a nutmeg around the neck; bore a hole in the nutmeg and string it as you would a locket.”—*[Mrs. T. Gorman in Miller’s Home Mag.]*

Try a mixture of 1 drachm of extract of belladonna and 1 ounce of fresh lard, and rub it in well with the hand.

Try this for neuralgia of the head: Equal parts of the fluid extracts of belladonna, cramp-bark and yellow jasmine; moisten a piece of cotton with the mixture and introduce it into the previously cleansed channel of the ear, and you will be surprised at its miraculous effect. It will also relieve toothache by using it in the same way in the cavity of the tooth.

“Golden Tincture for Neuralgia” is made with sulphuric ether 2 ounces, laudanum 2 ounces, chloroform 4 drachms, alcohol 2 ounces; mix and use as a liniment.

Hypophosphite of soda, taken in teaspoonful doses three times a day in beef tea, is a good remedy for this painful affection.

It is said neuralgia of the face may be quickly relieved by a mustard-plaster applied to the elbow.

Dissolve 160 grains of chloride of ammonia in 1 ounce of water, and take a teaspoonful every half hour in a tumbler of water for neuralgia of the face; in some cases it has a magical effect—but unless relief is afforded after a few doses abandon it as not being appropriate.

Fluid extract of capsicum 1 drachm, gum camphor 20 grains, crude iodine 20 grains, diluted alcohol 4 ounces; make a lotion and bathe the parts until warmth is produced; keep the bowels moving freely.

Equal parts of benzoin and oil of peppermint rubbed on the affected parts will prove an efficacious remedy.

Try this for neuralgic pains in the face and teeth: Take 2 teaspoonfuls of flour and the same quantity of grated ginger, and mix them well together with sufficient whiskey to make a thin paste; spread this on a linen rag and apply it to the part affected on going to bed, wrapping a piece of flannel over all.

Carrying a buckeye in the left trousers’ pocket is superstitiously practiced by some persons to ward off an attack of neuralgia as well as rheumatism,

HEADACHES

Sick Headache—Sick headache is a form of constitutional neuralgia—very frequent, very distressing and very rebellious to treatment. It is a storm in the system, not unlike the storm that we observe in nature. Like a storm, it comes on with haziness, dullness, heaviness—undefinable and oppressive. Its progress is marked by derangement of all the vital forces—probably by magnetic disturbances analogous to those which occur in nature—by general agony and distress; that render exertion of brain or muscle almost impossible, and existence itself a sorrow. Like a storm, also, sick headache seems to relieve the system by driving out the impurities, equalizing the circulation, restoring the magnetic equilibrium; therefore it often leaves the patient brighter and happier than before. Sick headaches also are analogous to storms in their intensity and vehemence, and in fact that, when in full blast, measures that aim to stay their progress are often futile.

The affection is usually accompanied by a sharp or dull pain in the forehead, and especially through the left eye. The general depression that accompanies the attack seems to bear no relation to the severity of the pain, for ordinary neuralgias, even when far more severe, are not half so depressing. The disease is a very common one—incident to almost every household at one time or another; and it is probable that indigestion is largely the cause through its effects on the nervous system, by overloading the stomach. It is, moreover, a disease that sufferers are usually obliged to treat themselves.

Congestive Headache—This character of headache indicates an oversupply of blood to the brain. Its symptoms are a flushed face and hot head, a throbbing in the arteries of the neck, and a feeling as if the brain were too large for the skull; the eyes will be red, and the hands and feet are usually cold. To relieve the congested condition of the brain in this character of headache, the blood must be drawn away from the overcharged part.

Anæmic Headache—This variety is produced by exactly opposite conditions from the foregoing. The brain has too little blood. This headache is suffered most often by aged and feeble persons, and those suffering from diseases characterized by impoverished blood. It may be recognized by a dizzy feeling when one is standing or sitting erect, which is relieved by lying down. It generally affects the top of the head but may also come at the back part or in the forehead; there is no throbbing, but rather a dull, gnawing pain; the pupils of the eyes become dilated as a rule, and there is a decided tendency to faintness upon assuming an upright position.

Nervous Headache—This variety of headache occurs most frequently in females, and especially among those who are inclined to be hysterical. It generally commences suddenly. It may attack

one of the eyebrows, the temple, or the orbit; or one-half of the head may be affected. The pain is dull, lancinating, or throbbing, sometimes exceedingly acute, and aggravated by a noise or a strong light. There are no feverish symptoms, nor is the temperature of the head greater than natural. This affection, like ague, is often intermittent, and may come on daily, every other day, once a week, or monthly; the pain continues three or four hours a day, or even considerably longer, but in general it passes off during the night. It is a nervous disease, and those who suffer from it are usually more or less debilitated; they need tonics, outdoor air, sunlight, and abundance of sleep. Many headaches classed as nervous headache, however, are in reality sympathetic headaches arising from disturbances of the stomach or liver, or in females from irritation of the uterus or ovaries. Such headaches can only be permanently relieved by treatment of the cause—that is, by correcting the disorder.

Half a grain of *cannabis indica*, night and morning, is useful in a persistent headache.—[*Dr. Grayson*.]

Muriate of ammonia 3 drachms, acetate of morphia 1 grain, citrate of caffeine 30 grains, aromatic spirits of ammonia 1 drachm, elixir of guarana 4 ounces, rose water 4 ounces. Dose—Dessert-spoonful every ten or twelve minutes until relieved.—[*Med. News*.]

If there is weakness or nervousness, take a teaspoonful of the elixir of valerianate of ammonia.

Aromatic spirits of ammonia 1 ounce, sulphate of morphia 1 grain. Dose—Half a teaspoonful in water every hour until relieved.

Bromide of soda 80 grains, bromide of ammonia 40 grains, aromatic spirits of ammonia 1 drachm, camphor water 2 drachms, and enough water to make 2 ounces in all. Dose—Two teaspoonfuls in water every two to four hours.—[*Dr. Conwell*.]

A mustard-plaster on the nape of the neck, or over the stomach, or a hot mustard foot-bath, or both, will prove beneficial.

Take from one to three grains of oxalate of cerium on the tongue; it is not necessary to be particular about the dose. It sometimes acts like magic. The dose may be repeated a number of times if necessary.—[*Dr. Gunn*.]

For general headache, dip a cloth in hot vinegar and tie it tightly around the head, repeating as it cools, for ten or fifteen minutes.

In headache from nervousness and overwork: Take a teaspoonful of the granular effervescing hydrobromate of caffeine in a glassful of water and repeat the dose every two or three hours until relieved.

In headache caused by a weak condition of the blood: Get some 1-grain tablets of reduced iron and take one or two after each meal.

For morning headache, take the juice of a lemon, a pinch of

salt, some crushed ice and a little water, and thus make for yourself a pleasant, cooling drink; the combination of acid and salt acts directly on the liver—and it is very good, indeed, for whitening the complexion also.

Just a pinch of salt on the tongue, followed in ten minutes by a drink of cold water, often cures a sick headache.

For nervous headache, take valerian 1 scruple, carbonate of ammonia 10 grains, cinnamon water 2 ounces. Dose—Take all, and may be repeated every fourth hour until relieved.—[*Dr. Clay.*]

Or, from ten to twenty drops of ammonia water in half a wine-glassful of water will frequently give relief; and a dose of ten drops, repeated at intervals of ten minutes, seldom fails.

Or, ether 1 fluid drachm, aromatic spirits of ammonia 1 fluid drachm, camphor 10 fluid drachms, tincture of cardamom compound 1 fluid drachm. Dose—Take all, two or three times a day.—[*Dr. Brande.*]

Equal parts of the essence of peppermint and sulphuric ether form an effectual lotion for headache; it is not only agreeable, but very useful in the neuralgic variety.

Two drachms of menthol dissolved in 2 ounces of alcohol make a delightful liniment for all sorts of aches of the head, face or jaws.

Oxide of zinc 1 drachm, confection of roses sufficient to form into pill-mass; make into 20 pills. Dose—A pill three times a day, after eating.—[*Dr. Atley.*]

Sulphate of quinine 1 drachm, citric acid 1 drachm, water 1 pint; mix, and then add "Fowler's Solution" 1 ounce. Dose—Teaspoonful, after eating, three times a day.—[*Dr. Morrison.*]

Compound tincture of cinchona 5 ounces, aromatic spirits of ammonia 3 ounces. Dose—Teaspoonful three times a day, after eating, in water. In headache, with much wind on the stomach.—[*Nat. Drug.*]

Bromide of potassium relieves the blood-pressure of the brain; and when the head is hot, the temples throb, and the sufferer is nervous and wakeful, it is one of the best remedies we have. Take two teaspoonfuls of the elixir every two hours.—[*Dr. C. Roberts.*]

Bromo-caffeine, or bromo-soda, in the form of effervescent granular salts, is very useful in some forms of headache.

Tincture of aconite, or tincture of belladonna, in two or three drop doses, are often very useful when the head is hot and the body feverish.

When the pain is worse at night, and shoots from the back of the neck to the brow, iodide of potassium, in 10-grain doses, three times a day, is the best remedy.—[*Dr. Harlan.*]

Headache drops for females, arising from irregularities in their monthly sickness: Castoreum (beaver-gall) 2 drachms, bruised valerian root 2 drachms, laudanum 1 ounce, sulphuric ether 12 drachms, alcohol 8 ounces, water 8 ounces; put all into a bottle and allow it to stand about 10 days, and then drain off the liquid

and bottle. Dose—Teaspoonful two or three times a day, or as often as necessary.—[*Med. Reporter*.

Put an ounce of dried blood-root (bruised) into a pint of gin and take a teaspoonful every morning, before eating—and be very careful what you eat.

“Ward’s Essence for Headache” is made by taking spirits of wine 6 ounces, finely powdered burnt alum 1 ounce, camphor 2 ounces, essence of lemon 2 drachms, strong water of ammonia 2 ounces; cork the bottle tightly and shake it daily for two or three days.—[*King’s Anal.*

For sick headache, take half a cupful of strong black coffee, squeeze the juice of a lemon into it and drink; relief will ensue within five minutes. Drink as hot as possible.

Or, take 1 tablespoonful of vinegar, $\frac{1}{4}$ teaspoonful of baking soda and half a glassful of cold water, stir quickly together and drink.—[*Mrs. Orlando Schooley*.

In nervous headache, many persons find ‘speedy relief by washing the head thoroughly in a weak solution of common baking soda; the head should be thoroughly dried afterwards, and drafts of air should be avoided for a little while. Also good for “cold in the head,” or “rose cold.”

Those who are periodical sufferers from sick headache should gather a quantity of sumach leaves (the non-poisonous kind) in the summer time and spread them in the sun a few days to dry; then powder finely and smoke them, morning and evening, for two weeks; also whenever symptoms of an approaching attack manifest themselves; use a new clay pipe. Said to be a permanent cure.

For a nervous headache, fill your pillow with clover blossoms dried in the sun in the quickest possible time. It will prove a great comforter.

A 3-drop dose of tincture of nux vomica in a teaspoonful of water, two or three times a day, is excellent for a nervous headache.—[*Dr. Ramsey*.

Or, take extract of hyoscyamus 5 grains, powdered camphor 5 grains; make into 4 pills. Dose—One when the pain is most severe.—[*Dr. Catlett*.

A neuralgic headache is most frequently felt across the forehead, and sometimes at the back of the head, and generally arises from cold caught in a bad tooth, which affects the nerves on that side of the face; relief may be obtained by placing a mustard leaf for 20 minutes on the nape of the neck, or by the side of the eye just over the temple.

Or, a piece of brown paper soaked in vinegar and sprinkled thickly with pepper and laid over the painful spot is a homely but sometimes effective remedy; when the cloth becomes dry, saturate again.

For a nervous headache, put a teaspoonful of ginger into a cupful of hot water, add a little cream and sugar, and drink.

Headaches most always yield to the simultaneous application of hot water to the feet and back of the neck.

It can be alleviated by rubbing the temples with a slice of lemon in many cases.

Crushed mint leaves bound across the forehead are said to give relief.

For a dull, heavy headache over the brows and accompanied by languor, chilliness, and a feeling of general discomfort with distaste for food, try a dose of iodide of potassium; dissolve two grains in half a wineglassful of water, this being sipped so that the whole quantity may be consumed in about 10 minutes.

An excellent and never-failing cure for nervous headache, and inexpensive, is the simple act of walking backward; 10 minutes is as long as is usually necessary to promenade; it sometimes, however, requires more than 10 minutes to walk at all, if one is "very nervous;" but it is not understood that it is necessary to walk a "chalk-line;" any kind of walking will do, provided it is backward.

CANCER

In undertaking to say a preliminary word on the subject of cancer, I feel it important that the ordinary run of people should unlearn what they think they know, in order to be taught the real truth respecting these growths—and it is the epitome of the ablest and most experienced writers on this subject. Almanacs and pamphlets and newspaper advertisements have gone to such an extreme in respect to cancers that the popular opinion regarding them is entirely wrong. Every ugly, angry sore or swelling is not a cancer, but the charlatan would have you believe it is. Although the most enlightened and skillful men regret their utter ignorance of any certain means of eradicating this formidable malady, quacks are everywhere to be found who boast of being able to cure this disease by secret remedies, which they pretend to have discovered; and thus live and fatten by deceiving the credulous and unfortunate individuals who, with that clinging to life so natural to everyone, resort to them in the vain hope of being cured. Even by the medical profession new cancer cures are flung before us just about as often as new murder mysteries. Every time a savant discovers another ray in the spectrum, some other savant is delivered of the idea that it will consume and annihilate cancers; every time a new element or a new bacillus or a new ferment swims into our ken, some one hails it as the long-sought specific. Consumption, pneumonia and typhoid fever stand before cancer on the list of civilized mankind's mortal foes, but their terrors are fast disappearing. We have learned that fresh air and pure food will conquer consumption; we know how to aid nature in combating pneumonia; we have devised means to protect ourselves against

typhoid. But cancer remains a dark and gloomy mystery. We don't know what causes it, and we don't know how to cure it. However, we know that cancer is a malady of civilization, and white people are more prone to it than yellow men, and yellow men more than black; and is far more prevalent in America than in Europe. Some investigators hold that it is a disease of meat-eaters, others blame it on fish-eating, and still others on bad drainage of the soil. It is almost invariably a disease of the middle-aged and elderly. Among women the years between 55 and 60 are the most dangerous, and among men those between 60 and 65. From that time on, until 95, and even 100, it is seriously to be reckoned with.

Medical treatment is usually limited to the consideration of the general health—tonics, alteratives and laxatives are often used with benefit.

The influence of excessive tobacco-smoking in the production of cancer (especially of the lips, tongue and throat) is fully recognized by the best authorities but not sufficiently heeded.

If the cancer is on a part of the body that can be reached, inject pure alcohol repeatedly and in several places, by means of a hypodermic syringe, into the substance of the tumor; it will shrink up, alter its texture, and arrest its growth.—[*Dr. Harts-horne in Med. Sci.*]

For the relief of the pain, opium or morphia is the main dependence; it is important, though, not to increase the dose of the opiate too rapidly, for the susceptibility of relief from it will lessen more and more.—[*Jour. of Med. Sci.*]

Hypophosphite of lime 4 drachms, diluted phosphoric acid 30 drops, distilled water 8 ounces. Dose—Teaspoonful in water three times a day.—[*Dr. Hunter McGuire.*]

Hypophosphite of lime $1\frac{1}{2}$ drachms, bromide of potassium 2 drachms, "Fowler's Solution" $1\frac{1}{2}$ drachms, distilled water 8 ounces. Dose—Tablespoonful every three hours.—[*Dr. Cartwright.*]

As an external application, mix 1 ounce of tar with 1 ounce of alcohol and apply freely to the ulcers three times a day.

Dr. Hood recommends a 3-months' course of carbonate of lime for the arrest of a cancerous growth; he claims that he called the attention of the medical profession to this 20 years ago, and further experience justifies his contention.

Dr. King's Med. Presc.: "The carbonate of lime obtained from oyster shells is recommended as a cure for cancer. The pharmacopœia preparation may be used in doses of 6 grains in a wineglassful of milk or other fluid, such as tea, two or three times a day. The following ointment is to be used as a local application at the same time: Prepared chalk 3 drachms, oil of bitter almonds 2 fluid drachms, lanoline 2 ounces; mix the first two thoroughly, then unite with the lanoline; apply twice a day; should the smell be unpleasant, 3 or 4 drops of oil of bergamot or geranium will correct it."

I tried nitric acid, alternated with muriatic acid, with but little effect; at last, almost in despair, I tried prepared lime, expecting that the blood which flowed from this cancer at the slightest touch would unite with the finely powdered lime and slack it, when it would corrode and destroy the cancer, and so the event proved. In a few days I removed all the fungus growth, and in three weeks it was cured, being drawn out by the roots."—[*Dr. Greensward in Nat. Jour. of Med.*]

To assuage the pain that accompanies cancer, apply to the part pledgets of lint soaked in a solution of 4 grains of citric acid to 350 grains of water.—[*Dr. Brandini.*]

To kill the smell of cancerous ulcers and stop the pain, take iodoform 9 drachms, sulphate of quinine 90 grains, essence of pepper-mint 80 drops, charcoal (finely powdered) $7\frac{1}{2}$ drachms; dust over the ulcer daily.—[*King's Med. Presc.*]

Purified creosote, bicarbonate of soda and cod-liver oil of each 5 fluid drachms; put into 100 gelatine capsules, and take three of them three times a day after eating. Decided results have been obtained in the treatment of cancer with this preparation.—[*Ford's Form.*]

Take equal parts of the chloride of gold, chloride of zinc and chloride of antimony; mix well and form a paste with flour.—[*Dr. Chase's Recipes.*]

Chloride of bromine 3 ounces, chloride of zinc 2 ounces, chloride of gold 1 ounce, chloride of antimony 1 ounce; mix thoroughly and form into a paste with powdered extract of licorice and water; make in the open air, so that the vapors will not be inhaled.—[*Davies' Med. Form.*]

The juice of poke berries, set in the sun on a pewter dish and evaporated to the consistency of a salve, and applied as a plaster, is said to be good.

Poultices of scraped carrots, and also of yellow-dock root, have effected cures; and the former poultice overcomes the offensive smell which is characteristic of cancer. Drink freely at the same time of a tea of the yellow-dock root.

Diluted nitric acid 1 ounce, honey 2 ounces, pure water 2 pints; mix. Dose—Three tablespoonfuls frequently, to be sucked past the teeth through a quill or glass tube, so that the liquid does not come in contact with the teeth. For cancer of the throat or tongue.—[*Dr. Buchan.*]

The great English remedy: Powdered blood-root, wheat flour and chloride of zinc, equal parts of each; mix into a mass with water. First spread a common sticking plaster much larger than the cancer, cutting a circular piece from the center just a little larger than the sore spot, and so applying it as to expose a narrow rim of healthy skin; then apply the cancer plaster and keep it on 24 hours. On removing it, the cancer will be found to be burned into, and appear the color of an old shoe-sole, and the rim outside will appear white and parboiled as if burned by steam. Dress with

slippery-elm poultice until suppuration takes place, then heal with common salve.

Take equal quantities of the leaves of yellow dock, red clover and poke; pour enough water over them to cover well, and simmer until the strength is entirely extracted; then strain, and simmer down to a paste; apply to any cancerous growth or tumor until it is destroyed, then poultice and heal with some good salve.—[*Mrs. T. Gruver in West. Home Mag.*]

Sucking a lemon affords some relief.

When cancer affects the tongue or throat, make a gargle of 4 grains of pure citric acid to 1 ounce of water and use it frequently; in many cases it has relieved pain as if by magic, reduced the swelling and effected cures.

Simmer the leaves of the water hemlock (*cicuta maculatum*) in sufficient water until they are soft and then mix juice and all with sufficient slippery-elm bark to form a poultice; apply night and morning.—[*Mrs. A. Harris in Amer. Farm Jour.*]

A decoction of narrow-leaf dock-root has been found to produce rare effects in cancer and growths of a cancerous nature; saturated cloths with the same may be applied; or the root may be powdered and made into an ointment with powdered lobelia seed in equal quantities and vaseline to form a salve.—[*Dr. R. Hathaway.*]

A cancer plaster: White oak bark 4 ounces; bruise it well and add sufficient grape wine to cover it; infuse four days, boiling it until it becomes as thick as molasses; then add honey 2 ounces, strained turpentine gum 2 ounces, sulphate of zinc 2 ounces; mix thoroughly; spread on soft leather or linen. It may be applied to all kinds of ulcers, white swellings, etc. For cancerous growths it is very valuable.—[*Dr. Chase's Recipes.*]

Take a pint of small beer and put it on the stove; when it boils, dissolve in it 3 ounces of pure beeswax; then add 2 ounces of fresh lard and boil them together; when it is cold, pour the liquid off and apply the residue spread on white leather; renew it every other day. It will bring out great blotches, when the sores are to be washed with sal-prunello dissolved in warm water.—[*Fowler's Med. Form.*]

The use of clover tea is said to effect a speedy cure of some kinds of cancer, even in its most malignant character and of long standing; the red clover is used; the tops are boiled in water and the tea is used internally and externally; about a quart a day of pretty strong tea should be drank and use the tea as a wash twice a day.—[*Dr. Emerson Wiley in Med. Sum.*]

Dr. F. W. Brewer in the Chicago Med. Times uses a formula very near that of the English remedy. He uses equal parts of chloride of zinc, wheat flour and powdered blood-root but makes it into a paste with aromatic sulphuric acid instead of water; spread on soft cloth and apply; continue the application until the growth is destroyed; then dress with any mild application, as vaseline containing 10 drops of carbolic acid to the ounce.

Dr. W. N. Sherman in the Med. World says he uses this formula in his practice: Chloride of zinc 5 drachms, powdered alum 5 drachms, persulphate of iron 3 drachms, tannic acid 2 drachms, enough glycerine to form a paste; apply as the foregoing and follow with an after-treatment in the same manner.

Chlorinic acid, melted on the end of a glass rod and applied direct, or made into a paste and applied to the growth, has met with success in some cases.

The juice of wood sorrel, dried down to a paste, and applied on a piece of cloth, has proven satisfactory in a number of cases reported in medical journals.

"Plunkett's Ointment for Cancer:" Take equal parts by weight of arsenious acid, flowers of sulphur, powdered flowers of German chamomile and lesser spearwort; levigate together, and form into an ointment with the whites of eggs.—[*Dick's Encyc.*

"Coley's Fluid" as a cancer remedy is a mixture of killed cultures of the germs of erysipelas and a red bacillus—and is simply killing one disease with another.

In England, there has been a revival of interest in the so-called cure by violet leaves, but experiments have proved that they possess no efficacy whatever.

GALL-STONES

Gall-stones are formed by the thickening of bile in the gall-bladder, which lies under the liver, on the right side, near the middle of the body. This hardened bile into masses passes along the small duct from the liver and gall-bladder to enter the duodenum—the first part of the small intestines. Very severe pain attends this passage, and ceases as soon as the gall-stone escapes from the bile-duct into the bowel. Sometimes the gall-bladder or duct bursts, letting its liquid contents into the abdominal cavity—which means death. The paroxysms of pain which they cause may be confounded with colic, inflammation of the bowels and neuralgia of the stomach.

Mrs. C. M. Warren writes in the Ladies' Family Journal: "One of the sisters asked a remedy for gall-stones. I am glad to give a simple and harmless one, which I know to be good. Warm and drink a half-cupful of pure olive oil. It is not unpalatable, and will have a far-reaching effect. Learn to use the oil liberally in salads, etc. It is excellent. Be sure that it is pure—much of that sold is adulterated with cotton-seed oil, which comes up in the throat after being swallowed."

The main treatment in gall-stones is the curative, which is this: Diluted nitro-muriatic acid, in 15 to 20 drop doses, taken before meals in water, through a glass tube so as to not blacken or injure the teeth; persist in the use of the acid and you will need no other medicine for this painful ailment.

Demulcent drinks, such as flaxseed and slippery-elm bark tea, should be freely drank.

Pour a pint of boiling water over a handful of green corn silk and drink freely—much employed of late in this ailment in the form of tincture of stigmata.

Try the fluid extract of hydrangea in doses of a teaspoonful every four to six hours in a glass of water.

During the pain of passing the stone, try the following, after moving the bowels with a good cathartic upon feeling the first symptoms of a paroxysm: Sulphuric ether 1 ounce, chloroform 4 drachms, spirits of turpentine 4 drachms, glycerine 2 ounces. Dose—Half a teaspoonful every half hour.—[*Dr. Carter*.]

Apply chloroform and turpentine externally over the region of the liver; if the pain should be very great, the patient should inhale sulphuric ether.

Given internally, in proper doses, sweet spirits of nitre is a standard remedy.

The pain of the paroxysms may be lessened by the use of opium and hot fomentations.

ERYSIPELAS

This affection, also known as St. Anthony's fire, or rose, is a peculiar condition of the skin, characterized by a circumscribed deep rose-colored inflammation; the skin is of an unusual, smooth, shining, red color, and the outline of the margin of the affected surface is very distinct; the redness disappears on pressure, but rapidly returns when the pressure is removed; it is frequently accompanied by elevations of the scarf-skin resembling blisters; the pain is of a pungent, burning kind, and is often attended with itching, or a pricking sensation. Sometimes it is a mild disorder, when it is in its simplest form, confined to a small portion of the skin; sometimes it extends deeper than the skin; while in other cases it attacks the face, extends to the internal parts of the head, and is attended with great danger to life.

When the first burning sensation, with tenderness to the touch, and redness, manifests itself in a part, apply to it at once and repeatedly fresh cold cream or pure tallow or lard—it may check it.

When fairly developed, nothing is gained in trying to suppress the eruption—soothing is proper, as by the oxide of zinc ointment, weak lead-water, the lime-water and sweet oil mixture, etc.

However, you can try heading it off by painting the skin thickly with tincture of iodine just beyond the inflamed part.

Relief from the pain in this ailment is best secured by tepid fomentations—cloths wrung in warm water and applied to the affected part.

The most trusted treatment for erysipelas with many physicians

at the present day is the tincture of chloride of iron, taken in doses of fifteen to twenty drops, every three or four hours.—[*Dr. Hartshorne in Man. of Med.*]

Superior to all other local applications for erysipelas, cloths or towels wrung out of hot vinegar, and applied twice daily or every four hours, are regarded; and as a positive specific in this disease.—[*Dr. Jamieson.*]

Cover the parts with white lead ground in linseed oil.

Make a poultice of pure clay, finely pulverized, by mixing with water until it forms a paste.

Sugar of lead 5 grains, laudanum 2 drachms, water 8 ounces; apply on lint.

Acetate of lead 10 grains, tincture of opium 4 drachms, water 20 ounces; anoint and cover with oiled silk.

Subnitrate of bismuth 2 drachms, carbonate of lead 4 drachms, creosote 6 drops, ointment of rose water 2 ounces; make an ointment.

Carbolic acid 20 grains, alcohol 4 drachms, tincture of iodine 30 drops, oil of turpentine 1 fluid ounce, glycerine 3 fluid ounces; apply by compress to the affected surface.

Tincture of aconite root 1 drachm, fluid extract of pilocarpus (*jaborandi*) 1 ounce, simple syrup 3 ounces. Dose—Teaspoonful every three hours.

An ointment may be made by mixing equal parts of prepared or precipitated chalk and melted lard, either with or without half a drachm of carbolic acid to the ounce; apply with the finger and smear on thickly, a mask of plain or boric lint laid over it. It is cleanly, unirritating, cooling and soothing.

Or, apply this lotion every two hours to the affected parts: Carbolic acid 1 part, alcohol 1 part, oil of turpentine 2 parts, tincture of iodine 1 part, glycerine 5 parts; this lotion causes no pain. Internally, quinine and digitalis are recommended, and an emetic, if indicated.—[*Dr. Grayson.*]

Dr. James Franklin recommends: Sulphate of quinine 2 drachms, tincture of chloride of iron 1 fluid ounce, tincture of cinchona 3 fluid ounces; apply all over and just beyond the inflamed area with a feather two or three times in 24 hours.

Prof. Garretson uses: Tincture of chloride of iron 1 ounce, tincture of cinchona 2 drachms, sulphate of quinine 1 drachm; paint the affected parts repeatedly until the skin underneath turns black; the desired effect is then accomplished, unless the red inflammation appears again, when the application should be repeated.

By Dr. Bartholow: Permanganate of potassium 6 grains, distilled water 6 fluid ounces. Dose—Tablespoonful three times a day; keep in a glass-stoppered bottle.

Picric acid 3 parts, water 500 parts; make a lotion and wash the affected part five or six times a day.

Dr. Behrend treated erysipelas in the first stage successfully

with a lotion of absolute alcohol (90%) three times a day; no case ever went on to supuration.

Try a poultice made of ripe cranberries.

“Velpeau’s Erysipelas Lotion:” Dissolve 1 ounce of sulphate of iron in 1 pint of water; apply to the parts affected every two or three hours.

CHOLERA MORBUS

Cholera morbus is the “Summer Complaint” of adults. It has always been observed to be most prevalent when the weather is hot during the day and cold and moist at night; and the frequency of its occurrence as well as its severity appear to depend on the degree of heat and humidity of the atmosphere. It generally commences with griping pains in the belly and sickness at the stomach, and these symptoms are soon followed by frequent vomiting and purging. The food in the stomach is first thrown up; then a fluid, varying in color, but always containing bile, is thrown up in great abundance; the evacuations from the bowels also contain bile, and are voided with considerable straining, heat, and pain in the lower bowel. There is at the same time a violent pain at the stomach; and the belly, and in some cases the calves of the legs, are contracted by strong spasms, which recur at short intervals, accompanied with great pain. These distressing symptoms are attended with much anxiety, restlessness, and a sensation of burning heat at the stomach, with urgent thirst and severe headache; and the pulse, which is at first full and rather quicker than natural, becomes feeble and rapid as the disease proceeds; and the patient’s strength diminishes. In ordinary cases these symptoms abate of their own accord, or are checked by the assistance of proper remedies; but in the more severe cases the symptoms acquire a more alarming character. The vomiting and purging become almost constant, and the matter vomited is sometimes watery, frothy, or slimy, and only occasionally mixed with bile; the body and limbs are covered with cold sweat; the muscles of the belly are frequently contracted, and drawn into knots by violent spasms. If the progress of the disease cannot be arrested, the face soon becomes deadly pale, shrunk, and expressive of the greatest pain; the eyes appear sunk in their sockets; the extremities of the body become cold, and the pulse weak and intermitting. Sometimes the patient recovers even after the disease has advanced to this extent, but in general the strength diminishes rapidly, frequent faintings, laborious breathing, and hiccough supervene—and death is then inevitable.

A physician should always be called in severe cases.

While waiting for the doctor, mix a teaspoonful of the best calcined magnesia, a teaspoonful of aromatic spirits of ammonia,

and 4 fluid ounces (about a teacupful) of peppermint water; shake the mixture in a corked bottle and give a teaspoonful of it every 15 or 20 minutes—always shaking it well before pouring out. If this be continued for an hour or two, right along, nine times out of ten the patient will be relieved. It is well to have this remedy in the house at all times.—[*Dr. Hartshorne in "Household Manual of Medicine."*]

There are few better remedies for this affection than that of "Squibbs' Diarrhœa Mixture," given elsewhere; the dose is from a half to a teaspoonful in a little water, repeated as necessary—small doses frequently repeated are to be preferred.

A mustard-plaster over the stomach and to the extremities will serve an excellent purpose.

Take equal parts of compound spirits of ether, aromatic spirits of ammonia, and chloroform; shake well. Dose—Teaspoonful every half hour, or hour, as occasion demands, until relieved. The first dose will usually suffice.—[*King's Med. Presc.*]

Vomiting in cholera morbus is claimed to be arrested every time by tablespoonful doses of strong coffee (without cream or sugar) every 10 minutes; and teaspoonful doses will also arrest the vomiting of cholera infantum, it is claimed.—[*Nat. Drug.*]

Or, take equal parts of chloroform and "Hoffman's Anodyne;" mix well. Dose—Teaspoonful every half hour until vomiting ceases; one or two doses will be sufficient.

Tincture of capsicum, tincture of opium, spirits of camphor and tincture of ginger of each equal parts, or 1 ounce each. Dose—From twenty to sixty drops in a little water every half hour until the pain is relieved.—[*Dr. Geo. M. Beard in "Our Home Physician."*]

Or, equal parts of tincture of rhubarb, tincture of ginger, tincture of opium and peppermint water; give same as foregoing.

Cholera morbus mixture: Equal parts of tincture of rhubarb, tincture of cayenne pepper, laudanum, syrup of ginger, spirits of camphor. Dose—From twenty to sixty drops in a little water every half hour until relief is obtained.—[*Dr. Hart Clay in Med. Sum.*]

Chloroform, tincture of rhubarb, spirits of camphor and laudanum of each 1 ounce. Dose—From twenty to sixty drops in water every half hour until the pain subsides.—[*Ford's Med. Form.*]

The Thousand-Dollar Cholera Cure—Equal parts of chloroform, tincture of opium, spirits of camphor, essence of peppermint and aromatic spirits of ammonia; put a teaspoonful of the mixture in a wineglassful of ice water, and give a teaspoonful thus diluted every five minutes.—[*Era Anal.*]

London Cholera Drops—Tannic acid 2 drachms, chloride of ethyl (1 in 10) 4 drachms, diluted sulphuric acid 3 drachms, tincture of ginger 6 drachms, enough peppermint water to make 16 ounces in all. Dose—Teaspoonful every two hours.

Missouri Cholera Drops—Tincture of capsicum, tincture of

opium, tincture of lobelia and essence of peppermint of each 1 ounce. Dose—Teaspoonful in a little coffee.

“Uncle Sam” Cholera Remedy—Tincture of lobelia 2 ounces, tincture of capsicum 2 ounces, compound tincture of lady’s slipper 1 ounce, oil of anise 40 drops. Dose—Begin with a teaspoonful.

Sun Cholera Mixture—Equal parts of tincture of opium, tincture of rhubarb, tincture of capsicum, spirits of camphor and essence of peppermint. Dose—From five to thirty drops in a little water or milk every fifteen to thirty minutes until relief is experienced.

Troth’s Cholera Mixture—Digest for 10 days 1 ounce each of opium, camphor, oil of cloves and capsicum in 1 pint of “Hoffman’s Anodyne.” Dose—From twenty to forty drops every two hours.

Brown’s Cholera Mixture—Essence of Jamaica ginger 1 ounce, camphorated tincture of opium 2 ounces, aromatic spirits of ammonia 2 ounces, spirits of camphor 1 ounce. Dose—Teaspoonful every hour.

Spackman’s Cholera Mixture—Gum camphor 1 ounce, gum kino 2 ounces, gum catechu 4 drachms, ground cinnamon 2 ounces, ground cloves 1 ounce, African capsicum 2 drachms; moisten these with brandy and digest for 48 hours; displace 18 ounces; then add tincture of opium 20 drachms, chloroform 1 ounce. Adult dose—Sixty drops after every passage.

COLIC

Colic, in its popular sense, means pain in the abdomen. In medical language, the nature of the part affected is generally included with the title; such as bilious colic—a derangement of the bile secretion; hepatic colic—due to the passage of gall-stones; renal colic—when the pain is in or connected with the kidneys; flatulent colic—caused by wind in the stomach and bowels; lead colic—due to the presence of lead in the system.

Flatulent Colic—Flatulent, or common colic, commences suddenly with griping pain, and a sense of twisting about the navel and lower part of the belly; and sometimes the whole belly is affected. The pain is not constant, but comes on in paroxysms; the bowels are constipated; there may be slight nausea, even vomiting; a frequent, though not a constant symptom, is a rumbling noise in the bowels, arising from the wind, which sometimes accumulates and distends the belly until it feels quite tense; often the belly is drawn inwardly towards the spine, and the abdominal muscles are seized sometimes with strong spasms, and are drawn into hard knots which feel like balls in the belly; there is no fever, but, on the contrary, the skin is cool, the pulse generally weaker than natural, and the face covered with cold perspiration. The cause of this kind of colic is due to the presence of indigestible or irritating food, the generation of gas, constipation, dyspepsia, etc.

To relieve the pain, pepper tea, ginger tea, essence of Jamaica ginger, aromatic spirits of ammonia, essence of peppermint, any of the cholera morbus remedies given elsewhere, paregoric, the various "pain-killers" given on other pages, are all useful, and must be given in decided doses. People have to resort to such things as they have in the house, and any of the foregoing may well be chosen. In this, as well as all other forms of colic, the aim should be first to relieve the pain and spasm, then to open the bowels, prevent inflammation, and guard against future attacks.

Bicarbonate of soda (common baking soda) in doses of 10 to 30 grains will often afford quick relief.

Flannel cloths, wrung out in hot water and applied to the abdomen and renewed every three minutes, are a powerful anodyne in this ailment—more so than the hot water bottle.

If the pain is extreme, 20-drop doses of laudanum, or tablespoonful doses of paregoric in warm water, repeated every twenty or thirty minutes until three or four doses are taken, may be necessary in adults.

If the stomach will accept it, a good dose of Epsom salts, or magnesia, will always benefit.

The fluid extract of colocynth in doses of 3 to 5 drops for adults sometimes afford immediate relief.

Try a teaspoonful of spirits of turpentine in 4 tablespoonfuls of castor oil—for an adult dose.

Take a teaspoonful of common table salt in a pint of cold water; drink it and go to bed; it is one of the speediest remedies known.—[*The Household*.]

A certain amount of relief is often given by gently kneading the bowels with a warm hand, to aid in pushing the wind through from part to part; or by pressing firmly on the front edges or the sides of the hip bones.

A tablespoonful of the spiced syrup of rhubarb is good; or, should relief not follow this, or begin at least to come, within half an hour or so, next give a teaspoonful of magnesia, with 20 drops of the spirits of camphor, a teaspoonful or two of "Warner's Cordial" (tincture of rhubarb and senna in combination), and a tablespoonful of spiced rhubarb again.—[*Dr. Harts-horne*.]

Or, use a tablespoonful of castor oil well mixed with twice as much of the same spiced syrup.

Or, try a teaspoonful each of Turkish rhubarb and magnesia, with a pinch of cayenne pepper; this often affords relief.

One of the simplest, and yet the most nearly sure, means of relieving the beginning of flatulent colic, is that of rubbing the surface of the abdomen and back with a hair brush or clothes brush. It may be used as briskly as can be without hurting; passing the brush from left to right over the lower part of the belly, and then in a circle around from right to left at the upper

part, above the navel. This is useful also in fresh pains of other parts—as the muscles, from cold; what is commonly called rheumatism, although it may be just cold-pains and nothing more.—[*Dr. C. Gottschalk in New Ideas.*]

Aromatic spirits of ammonia 3 drachms, solution of acetate of ammonia 3 drachms, chloride of ethyl 2 drachms, tincture of ginger 2 drachms, tincture of belladonna 1 drachm, enough peppermint water to make 6 ounces in all. Dose—Two tablespoonfuls as the necessities of the case require until relief comes.—[*King's Form.*]

Oil of juniper 1 ounce, tincture of myrrh 1 ounce, lavender water 1 ounce, sweet spirits of nitre 1 ounce; mix and shake well. Dose—For adult, teaspoonful in a cupful of cold water.—[*Dr. Chase's Recipes.*]

Bilious Colic—Bilious colic is sometimes an alarming ailment. Previous to the attack, the patient complains of constipation and loss of appetite; there is nausea, vomiting of bile, and the tongue is coated; the pain is of a sharp, cutting nature; at first it is somewhat relieved by pressure, but the abdomen soon becomes tender and the extremities cold; the skin and whites of the eyes assume a yellowish tint and there is great desire for relief. Some people are subject to bilious colic. Gouty persons are apt to suffer more or less with colicky pains, especially when that disease is receiving heroic treatment in other parts.

If the pain is considerable, take 20 to 30 drops of paregoric.

Or, drink strong chamomile or ginger tea.

Or, drink hot lemonade; it has had magical effect in many reported cases.

Or, try an 8-grain dose of quinine—for an adult.

Or, take 30 to 40 drops of the oil of anise—but be sure that it is pure.

Give a tablespoonful of sweet oil every hour; one writer claims he has cured cases with this simple remedy when the sufferers were at the point of death.

Chloroform 6 drachms, tincture of camphor 2 ounces, tannic acid 1 ounce, sulphate of morphia 3 grains. Dose—Teaspoonful in water every hour until the pain ceases, or it may be given every half hour at first.—[*Dr. Craig.*]

Take equal parts of papine, chloroform, spirits of peppermint and tincture of podophyllin—say 1 ounce of each—and mix well. Dose—For adult, a teaspoonful in a third of a glassful of sweetened hot water; children in proportion; repeat the dose every half hour or hour until relieved, increasing the amount if necessary.—[*Ther. Gaz.*]

Spasmodic, or Gouty Colic—This is frequently called “cramp in the stomach” and “cramp colic,” as its point of attack is the stomach rather than the bowels. It comes on suddenly, and is very severe and prostrating.

The treatment must be prompt, warming and anodyne.

A mustard-plaster over the stomach, and, if the feet be cold, a hot mustard foot-bath, will be proper.

Paregoric, in a half to a teaspoonful dose for adult, may be given in spiced syrup of rhubarb.

Oil of cajeput, 6 or 8 drops on a lump of sugar, is very good for this kind of an attack.

Syrup of tolu 2 ounces, chloroform 1 ounce, oil of black pepper 40 drops, tincture of cardamom 5 ounces. Dose—Teaspoonful every fifteen minutes until relieved, or some indications of relief, and then at longer intervals.

Culver's root, senna, liverwort leaves and seneca snakeroot of each 1 ounce; put all into a small pitcher, and pour over them a pint of boiling water; after standing twelve hours, pour into a small sack, wring out the liquid and add spirits enough to preserve it. A tablespoonful after each meal will prove a preventive. In case of an attack, a common wineglassful will cure.

A colic elixir: Chloroform 6 drachms, tincture of opium 6 drachms, tincture of camphor 6 drachms, aromatic spirits of ammonia 6 drachms, oil of cinnamon 10 drops, good brandy 1 ounce. Dose—Half a teaspoonful. Very useful in the most severe cases.

Lead, or Painter's Colic—If exposure to lead-poisoning has just taken place, a moderate dose of Epsom salts will act as an antidote to the lead—making an inert sulphate of lead; later, a milk diet will be important.

Iodide of potassium in doses of 5 to 10 grains in a little gum arabic water, is a good remedy in this kind of colic; it combines with the lead, and forms iodide of lead, which in this form is quickly eliminated from the system.

Alum is used for the same purpose, but it is not as good as the iodide of potassium.

Opium may be given to relieve the pain; in lead colic, opium seems to loosen the bowels.

Sweet oil may be repeatedly given to act gently upon the bowels.

If the ailment abates from the use of any remedy, do not cease all at once; it is a very insidious trouble, and may return.

The application of dry hot salt, enclosed in a bag, is a most valuable remedy; have two bags, and keep one warming while the other is being applied.

Lemonade from sulphuric acid, properly diluted, is sometimes drunk by workmen to prevent ill effects.

GOITER

The causes of this unsightly deformity (the enlargement of the thyroid gland of the throat) are far from being satisfactorily understood. By some authorities it has been assigned to drinking snow water; by others, to water loaded with lime and magnesia; but it has been found epidemic in localities where neither of these circumstances prevailed. It more frequently attacks females than males, and, though present from early life, seldom becomes greatly enlarged until the victim has turned 40 years; cases, however, not infrequently occur where it advances from the age of puberty, and in a few years attains a considerable size.

Mayo, Plummer and Wilson in their treatises have shown plainly that there are different kinds of goiters, and what is required for one kind is quite different from requirements for another kind. Some goiters start out to poison the nerves and protrude the eyes; for these an operation is inevitable, and delay may result in the case becoming inoperable. In another group of cases, the thyroid enlarges because it is necessary that it should do so in order that it may do the work thrown on it. A certain physician is mentioned with this type of goiter, who has found that with him his poor digestion causes the thyroid enlargement. By great care of his digestive organs he has held his goiter down to comfortable limits for many years. Many goiters in women result from disease in the pelvic organs. Attention to the underlying condition bring about improvement in the goiter. The evidence is good that chronic infections of the nose and throat at times result in enlargement of the thyroid and increase in the amount of thyroid secretion in the blood. Dr. Beebe tells us that in goiter patients between 16 and 24 years from 35% to 49% will give a history of repeated attacks of tonsilitis.

Then, if a person has goiter they should first find out whether it belongs to the group which results from some disease elsewhere in the body. If it does, the search must be to find where the trouble is. In this search the condition of the nose and throat must be investigated. If the tonsils are found diseased, they should be removed.

Before commencing any treatment of this ailment, however, a piece of tape should be first passed around the neck and the exact size of the swelling and throat taken, a memorandum made of it, and the tape laid aside, so that it may be used every month to test the progress of the cure, by showing how much less, if any, is the girth of both.

As iodine is the chief remedy on which any reliance can be placed, it should be used both internally and externally at the same time, though in different ways and proportions with other substances.

Dr. Raymond says: "A tested remedy for goiter, or swelled neck, is colorless iodine; apply with the finger just before retiring. Remember that iodine is poison to a certain extent, however, and keep it out of the reach of children. If the skin grows tender, stop a few days and then begin anew."

Take 5 to 10 drops, in water, after each meal, of "Lugol's Solution of Iodine." This consists of 1 part of iodine dissolved in 2 parts of iodide of potassium and 20 parts of water.—[*Era*.

Or, try this: Grind 15 seeds of the nettle plant into fine powder and take such a dose daily; it is said to be a positive cure without in any way injuring the health.—[*The Household*.

Syrup of iodide of iron may be used with good effect; the dose is from 10 to 20 drops in water after each meal, and the mouth should be thoroughly rinsed with water after each dose.

Mix 1 tablespoonful each of salt, alum, borax and soft water, and use as a wash; be sure to take a good blood medicine while using the wash.—[*Martha Johnson in Home Mag.*

A Remedy for Goiter—This is to be used internally: Take of hydriodate of potassium (iodide of potassium is the same) 1 drachm, infusion of gentian 8 ounces, tincture of ginger 2 drachms. Dose—Teaspoonful to be taken four times a day. In connection with the foregoing, to be used externally: Camphor 2 drachms, iodine 1 drachm, spirits of wine about 20 drops (just enough to powder the camphor), white ointment 2 ounces; mix thoroughly; a piece of this ointment is to be rubbed gently but steadily and effectually all over the tumor every night before going to bed, a warm bran poultice being laid over the whole to induce absorption; a poultice should precede the use of the ointment also, of bran, so as to relax and open the pores of the skin. Every fourth day the ointment should be skipped for two days, to allow the skin to recover from the friction and tenderness. The white ointment designated is made by mixing fresh unsalted butter 8 ounces, tincture of iodine 1 drachm, oil of origanum 4 drachms, and stir well for fifteen minutes. To effect a cure, patience and perseverance must be exercised.—[*Nat. Med. Rev.*

Terry's Goiter Remedy—Fluid extract of belladonna 2 drachms, iodide ointment 1 ounce, mercury ointment 2 drachms, powdered camphor 2 scruples, fresh lard 2 drachms; make into an ointment; rub gently twice a day, and take internally iodide of potassium in 3-grain doses three times a day.—[*Dr. James Terry*.

Dr. Miller's Goiter Remedy—Iodide of potassium 2 drachms, iodine 1 drachm, alcohol 1 pint; mix and pour a little into a small vial for internal use. Dose—From five to ten drops before each meal, to be taken in a little water. Put the balance in another bottle, to be used externally by wetting the enlarged neck night and morning by means of a feather; if the skin becomes tender and peels off, skip a day with the external application but not more than one.—[*Frank J. Miller, M. D., in Med. Rev. of N. Y.*

Curry's Goiter Cure—Hydriodate of potash 36 grains, iodine 10 grains, distilled water 10 ounces. Dose—Five drops three times a day, gradually increasing to twenty to thirty drops.—[*Ford's Anal.*]

Clark's Certain Goiter Cure—Iodide of potassium 5 drachms, syrup of sarsaparilla compound 4 ounces, water 4 ounces. Dose—Teaspoonful after each meal until cured.—[*King's Anal.*]

Green's Goiter Ointment—Hydriodate of potash 1 drachm, fresh lard 3 ounces; rub a teaspoonful well in over the surface of the tumor night and morning.—[*Era Anal.*]

Prof. Jamison's Goiter Liniment—Tincture of colorless iodine 3 drachms, compound soap liniment 3 ounces; bathe the part several times a day. If the skin over the tumor becomes irritated and tender, discontinue its use for a few days and then begin the treatment again.—[*Med. Sum.*]

Dr. Cox's Goiter Wine—For internal use: Socotrine aloes 5 ounces, supercarbonate of soda 12 drachms, water 1 gallon, compound spirits of lavender 2 ounces; mix, allow to stand 14 days and decant the clear liquid. Dose—Teaspoonful three times a day, and may be increased to eight teaspoonfuls gradually, if necessary. Age will improve its powers as well as the taste, and appear more like the original preparation.—[*Jour. of Pharm.*]

Depuyten's Goiter Jelly—Dissolve 2 ounces of white soap in 5 ounces of proof spirits by a gentle heat; then add to it, while still warm, a warm solution of 10 drachms of iodide of potassium in 5 ounces of proof spirits; a little oil of bergamot may be added to imitate.—[*London Lancet.*]

PILES

Piles are small, painful tumors situated at the extremity of the great gut called the rectum, either within the anus or fundament, or around its margin; in popular language, these swellings, when situated within the gut, are termed internal piles; when beyond the verge of the anus, external piles; and when there is no discharge of blood they are usually called blind piles.

Piles, or hemorrhoids, are seldom met with before puberty, and women are most frequently affected with them after the turn of life. They at first give very little trouble, and seldom protrude unless the bowels have been neglected, or the person has been indulging more than usual at the table; under such circumstances they may become slightly painful, with a sensation of heat and itching about the anus.

These symptoms may soon be relieved by taking, at bedtime, a large teaspoonful of equal parts of flowers of sulphur and cream of tartar mixed with syrup or molasses. The patient should evacuate the bowels just before going to bed for the night—this

is an important part of the treatment, and ought never to be neglected.

Washing of the parts should be resorted to after each evacuation, and Dr. Mayo recommends the use of yellow soap and water.

For bleeding piles, take 2 drachms of the fluid extract of licorice inwardly in a wineglassful of water; and after each stool, apply externally a sufficient quantity each time of a lotion made of ergotine 30 grains, carbolic acid 10 drops, extract of licorice 1 ounce.

Boil some of the inner bark of the white oak, and strain; evaporate to a thick extract; to a pint of this extract add a pint of grease rendered from old, strong bacon; simmer together and stir until well mixed; allow to cool; apply with the finger inside the rectum every night until cured.

Naphthol 1 scruple, subnitrate of bismuth 2 drachms, ointment of oxide of zinc 1 ounce; apply until relieved.

Oleate of cocaine 1 drachm, olive oil 2 drachms, lanoline 10 drachms; apply twice a day.

Mix into an ointment 30 to 60 grains of salicylic acid with 1 ounce of cosmoline; anoint when necessary. The first sensation from this application will be one of heat and moderate smarting, but followed in from one to five minutes by a most complete sense of relief; even in old and obstinate cases the itching will not occur again for days and weeks, perhaps never.

Make an ointment of pulverized camphor 1 drachm, hydrate of chloral 1 drachm, vaseline 14 drachms; apply whenever occasion requires.

Flowers of sulphur 1 drachm, vaseline 1 ounce; make into an ointment and apply night and morning. The relief to the itching is almost immediate.

The plant pilewort blooms in March and April; gather when in bloom, chop up very fine, after washing well, both the roots and plant; boil in lard, without burning, two hours, stirring well; strain while hot; make an ointment by adding 1 drachm of belladonna extract, and powdered camphor and opium of each 1 drachm.

A good ointment is made with tar 1 ounce and powdered opium 2 drachms. Good also for scald-head.

Equal parts of the flowers of sulphur and magnesia (15 grains to a scruple of each will do) taken every night at bedtime will afford great relief.

Mix flowers of sulphur 1 ounce, confection of senna 4 ounces, saltpetre 6 drachms and as much syrup of orange as will give the mixture a proper consistency; taking a pill of it about the size of a nutmeg two or three times a day will furnish relief in most cases.

Anoint the inflamed parts several times a day with a mixture of the fluid extract of garlic 1 ounce and glycerine 2 ounces.

A good pile ointment is made with equal parts of powdered opium, powdered resin and tallow; first melt the tallow, stir in the resin and then add the opium; use as occasion requires.

For dry piles, try a bruised onion, skinned, or roasted in ashes.

Or, fumigate with good cider vinegar, wherein red-hot flints have been quenched; this softens even schirrous tumors.

For blind piles, the tincture of lobelia applied externally has been recommended.

So also is brandy, a little diluted, applied frequently.

A weak solution of sugar of lead with a little laudanum used externally is useful when the piles are very painful.

Powdered nut-galls and lard form a good ointment; use equal quantities.

Powdered henbane leaves mixed with powdered slippery-elm bark and sweet oil and 6 drops of laudanum form a good application.

The vapor arising from boiling water and leeks is useful.

Or, a poultice of boiled brook-lime; it seldom fails.

Or, apply warm molasses.

Simmer bruised jimson (stramonium) leaves in fresh butter or lard, add a little laudanum, and apply to the affected parts frequently.

Stew with a handful of balm of gilead buds a teaspoonful each of fresh butter, sweet oil and turpentine for a short time over a low fire, and then strain; apply to the parts once or twice a day.

Or, try a tobacco leaf steeped in water for twenty-four hours.

For blind piles, lightly boil the juice of nettles with a little sugar added; take 2 ounces as a dose; it seldom needs repeating.

Equal weights of tannin and glycerine will make an ointment that will cure piles.

A strong tea of the wild swamp-currant root, drank occasionally for a few days only, is said to be a certain cure.

Take carbolic acid 20 drops and vaseline 2 ounces; mix well and apply occasionally until relieved.

Try equal parts of linseed oil and lime-water by anointing the parts frequently.

Dissolve 3 drachms of muriatic acid in 2 ounces of water and wash the affected parts three times a day with the solution; after each washing apply a little of an ointment made of white precipitate 40 grains, calomel 2 drachms and simple cerate 1 ounce.

Oil of pennyroyal 2 drachms, oil of copaiba 4 drachms, sweet cream 6 drachms; bathe the parts with cold water well morning and evening and apply the mixture, shaking well each time before using, by introducing the finger into the rectum; proper attention to the diet, regulation of the bowels and faithful adherence to this treatment will effect a permanent cure.

A good application is made of tannin 4 drachms, lard 3 drachms, rose water 4 drachms; rub the water and tannin together until thoroughly mixed and then add the lard.

An astringent lotion: Sulphate of zinc 2 drachms, camphorated spirits of wine 2 drachms, water 1 pint; apply night and morning.

Powdered burnt alum 1 drachm, pure apple vinegar 4 drachms; use at night on a bit of soft rag or cotton and introduce it into the rectum with the finger.

Try this lotion: Fluid extract of witch hazel 2 ounces, pure linseed oil 1 pint; shake well and apply or inject with a small syringe.

Or, apply a mixture of washed sulphur and honey in equal parts.

Two ounces of pure linseed oil taken twice daily will cure many cases and give grateful relief in others.

Ten to fifteen drops of balsam of copaiba, taken in emulsion, or on sugar, is said to be a curative in many cases.

When piles are due to diarrhœa, or dysentery, they should be treated by injecting into the rectum 10 to 15 drops of laudanum in liquid starch.

Sopping or sponging the parts with cold water agrees with some and gives much relief; hot water, or soapsuds, with others.

A pile salve: Powdered opium 1 drachm, flowers of sulphur 2 drachms, simple cerate 3 ounces; melt and mix well; keep the parts affected well anointed and be prudent in your diet.

Sweet oil is an excellent application to the parts affected.

Carrot poultices afford relief in some cases.

Take 3 ounces of pulverized alum and place in a belt made of cotton drilling, 2 inches in width, and wear the belt around the body just above the loins; it should be worn next to the skin. It has been tried by many whom I know and found successful.—*[J. C. Morrow in New Ideas.]*

Internal Pile Cure—Fluid extract of wahoo 1 ounce, fluid extract of socotrine aloes 4 drachms, fluid extract of collinsia (stone-root) 6 drachms, glycerine 2 ounces, water enough to make in all 8 ounces. Dose—Half to a teaspoonful two to four times a day, as your case may demand. This remedy is not on the market, but a physician's prescription who makes the claim that it will cure nine cases of piles out of every ten.

Clay's Internal Pile Cure—Cream of tartar 2 ounces, jalap 2 ounces, senna 2 ounces, saltpetre 1 ounce, flowers of sulphur 2 ounces, golden seal root 2 ounces; powder all the ingredients very fine and then mix them thoroughly. Dose—Teaspoonful three times a day.—*[Dr. Henry Clay in Jour. of Med. Prac.]*

Nusbaum's Pile Cure—Solid extract of pokerooroot 1 ounce, solid extract of belladonna 10 grains, fresh lard 1 ounce; make into an ointment and apply night and morning.

Dr. Ross' Pile Cure—Ergotine 2 fluid drachms, sulphate of morphia 6 grains, lanoline 1 troy ounce; anoint the parts occasionally.—*[Era Anal.]*

Dr. Dale's Pile Cure—Perchloride of iron 1 drachm, atropia 4 grains, simple cerate 1 ounce; apply two or three times a day.

"Easy" Pile Cure—Emollient ointment 4 ounces, liquid laudanum 1 ounce, yolk of 1 egg; mix all well together and apply twice a day.—[*Dr. Johnson.*]

Dr. Grant's Pile Cure—Powdered nut-galls 160 grains, powdered opium 1 drachm, vaseline 2 ounces; put on a plate and mix thoroughly with a case-knife; use after each movement of the bowels.—[*Pharm. Rep.*]

Dr. Radford's Pile Cure—Powdered nut-galls 1 ounce, camphor 30 grains, laudanum 2 drachms, lard 1 ounce; make an ointment; to be used only after the inflammatory stage has passed away.—[*Dr. C. H. Radford.*]

Barwood's Quick Pile Cure—Gallic acid 20 grains, extract of opium 10 grains, extract of belladonna 10 grains, simple ointment 1 ounce; apply night and morning.

For Ulcerated Piles—Solid extract of stramonium 1 drachm, muriate of morphine 9 grains, yolks of 2 eggs; beat all well together into a liniment; soak a pledget of tow in the liquid and apply to the tumors. It relieves all pain at once.

Kinney's Pile Salve—Hydrochlorate of cocaine 36 grains, sulphate of morphia 9 grains, sulphate of atropia 6 grains, tannin 7 grains, petrolatum 10 drachms; make into an ointment and apply after each evacuation.—[*Jour. of Pharm.*]

Ward's Pile Paste—Black pepper 4 ounces, elecampane root 4 ounces, fennel seed 12 ounces, honey 8 ounces, white sugar 8 ounces, water 4 ounces; powder all the dry ingredients very fine, add the water and beat all into a uniform pill-mass. Dose—Pill large as a hazel-nut three times a day. Claimed to be very efficacious in piles when they occur in weak and debilitated subjects.

Quinten's "No Better" Pile Remedy—Powdered nut-galls 2 drachms, powdered opium 30 grains, purified lard $\frac{1}{2}$ ounce, vaseline $\frac{1}{2}$ ounce; apply as necessary.

Compound Pile Ointment—Powdered nut-galls 1 ounce, carbolic acid 1 ounce, extract of ergot 4 drachms, extract of stramonium 6 drachms, extract of witch hazel 1 ounce, distilled oil of tar 4 drachms, simple cerate 20 ounces; make into an ointment and apply morning and evening.

Stramonium Pile Ointment—Mash half a bushel of green stramonium (jimson weed) leaves to a pulp (this is best done by mashing a few at a time), put the pulp in an old iron kettle over a slow fire; add $2\frac{1}{2}$ pounds of fresh lard and simmer to a crisp; strain and it is ready for use. Or make by taking solid extract of stramonium 1 drachm and lard 1 ounce; mix by rubbing them well together. Good for painful piles, ulcers, burns, scalds, skin diseases and excellent for strengthening broken limbs after the bones have healed.

Gregory's Itching Pile Ointment—Calomel 2 drachms, balsam of peru 3 drachms, carbolic acid 40 grains, lanoline 2 ounces; sponge the parts with hot water thoroughly and apply once or twice a day.—[*Era Anal.*]

Day's Ointment for Itching Piles—Nitrate of silver 6 grains, sulphate of morphia 6 grains, extract of hyoscyamus 12 grains, tannic acid 15 grains, simple cerate 1 ounce; make into an ointment and apply to the parts night and morning.—[*Jour. of Med.*]

Savin's Pile Ointment—Sulphate of morphia 16 grains, spermaceti ointment 2 ounces, finely powdered nut-galls 3 drachms, essential oil of bitter almonds 30 drops; triturate the first two together until the morphia is thoroughly dissolved after first melting the ointment; then add the gall-nuts, next the almond oil, and stir until the mass is cool.—[*Era Anal.*]

Spackman's Pile Ointment—Sulphate of morphia 12 grains, carbonate of lead 3 ounces, stramonium ointment 2 ounces; melt all together over a water bath and then add enough olive oil to form an ointment.—[*Forester's Anal.*]

Hayes' Pile Ointment—Stramonium ointment 8 ounces, powdered nut-galls 1 ounce, powdered opium 1 drachm, solution of acetate of lead 6 drachms; mix well.—[*Tilden's Form.*]

Ditchell's Pile Ointment—Muriatic acid 1 ounce, lard 1 pint, tincture of opium 1 ounce, oil of turpentine 2 ounces, spirits of camphor 2 drachms; melt the lard to the consistency of honey, stir in briskly the acid until well mixed; then stir in the others when nearly cold.

Seneca Pile Ointment—Sulphate of morphia 16 grains, tannic acid 20 grains, subnitrate of bismuth 40 grains, carbolic acid 20 drops, petrolatum to make in all 2 ounces; mix thoroughly and make an application night and morning.

"Little Wonder" Pile Ointment—Extract of witch hazel 12 grains, milk of almonds 7 drachms, cacao butter 10 drachms; mix well and apply twice a day.

Garner's Pile Ointment—Powdered nut-galls 20 grains, extract of opium 8 grains, acetate of lead ointment 1 drachm, vaseline 1 drachm; mix well and apply as often as occasion requires.

Fueller's Pile Ointment—Extract of stramonium 160 grains, extract of witch hazel 320 grains, thymol 160 grains, resorcinol 160 grains, ichthyol 1 ounce, tannin 2 ounces, phenol 4 drachms, extract of belladonna 4 drachms, powdered opium 1 ounce, powdered golden seal 1 ounce, white wax 4 drachms, petrolatum 18 ounces. This should be prepared by your druggist. It is the prize formula furnished by Dr. H. C. Fueller to the Bulletin of Pharmacy, and considered by the editor of that journal of authority as the most complete and perfect pile remedy ever contributed to a technical journal. It is not on the market.

MOTHER AND THE BABY

The period of gestation lasts on an average 280 days, or 10 days over 9 calendar months.

The form begins to change at about the 3rd month; quickening begins at about 4½ months.

No one can foretell a twin pregnancy, and there is no way of ascertaining or controlling the sex of the child.

The only diseases that should prevent a mother from nursing her child are cancer, scrofula, inflammatory rheumatism and any chronic or incurable skin eruption.

It is best to feed the child lying or reclining; it is the natural position.

A nursing woman should be especially free from constipation; it interferes with the quality of the milk.

Unless in midsummer, the weaning of a baby should begin at the age of 6 or 7 months; it should be done gradually.

If a child is disinclined to eat at its regular mealtime, it should not be forced or urged to do so.

In very hot weather less food should be given—especially less solid food—and more water.

Dame Nature intended that each little mammal should draw its sustenance in early life from its own mother and not a bottle.

Infants require water as much as they need food, and often suffer more for the want of the former than the latter.

As soon as a baby has half a dozen teeth its food diet should be liberalized so as to stimulate the development of the peptic glands and increase the digestive powers.

If the baby refuses the food prescribed, wait until the sense of hunger comes and all trouble will vanish; usually it is only obstinacy.

A baby (and grown-ups, too) should lie on the right side, because otherwise the liver, which is a very large and heavy organ, will press upon the stomach and make the baby uncomfortable.

Tears are unusual before a child has reached the age of 3 months.

Infancy is from birth until the first set of teeth has come, usually at 2½ years; childhood is from then on to the age of puberty—12 to 15 years.

The average weight at birth is 7 pounds for boys and ¼ pound less for girls; the average length is 19 inches.

There are 105 boys born to 100 girls, but the mortality existing among males is greater, so there is always a majority of females.

The color of the eyes at birth in nearly all babies is blue; after 8 weeks the color changes to that which is to be permanent.

A baby often sits up at 6 weeks to 2 months; begins to walk at 6 or 7 months; begins to talk at 10 to 12 months.

The first tooth is usually cut at 5 or 6 months; bottle babies do not get their teeth as early as breast-fed babies.

The significance of the second summer in infancy is that when the child is born at such time of the year the molars and canine teeth (which come between the 12th and 18th month and the 18th and 24th months respectively) are erupted during the hot weather and the child frequently cannot stand the strain, complications ensue and death may result.

The mother often makes a mistake in believing the mere process of cutting the teeth to be the cause of the child's liability to sickness; it is nature's ordeal, and while the physical strain is great, it is not the act of the teeth-cutting that affects the child; it is the great physical change its entire little system is undergoing at this age. Its stomach, which at first was little more than an enlargement of the intestinal tract, is being transformed into a real stomach, capable of receiving and digesting solid food. The whole alimentary canal, the entire digestive process, is undergoing a metamorphosis to equip the child with a more perfect digestive apparatus. It is these changes that produce the fever, ill-temper and other ailments common to the teething period.

It is only an old woman's notion that a child born at the 8th month is less likely to live than one born at the 7th month; the nearer the child approaches to the full term the greater chances it has of living.

Wrong food and diet often cause the teeth of an infant to decay as soon as they are cut; the condition of digestion is an important factor.

A healthy baby should have from 2 to 4 stools a day during the first month; after that and during the first year the daily average should be at least 2, and a hearty child may have double this number without any misapprehension.

Crying is beneficial; it expands the lungs and helps the circulation of the blood. But with a baby not yet able to talk, it must cry when it is ill. The colic makes a baby cry loud, long and passionately, and shed tears—stopping for a moment and beginning again; if the chest is affected, it gives one sharp cry, breaking off immediately, as if crying hurt it; if the head is affected, it cries in sharp, piercing shrieks, with low moans and wails between, or there may be quiet dozing and startings between. The trained ear of the physician can distinguish the cry readily.

Soothing Syrups—Best box-raisins 1 pound, anise seed 4 drachms, extract of licorice 2 ordinary sticks; split the raisins, pound the seed and cut the licorice fine; add to them 3 quarts of pure rain water and boil down to 2 quarts; feed 3 or 4 times a day as much as the child will willingly drink. The raisins strengthen, the anise expels the wind and the licorice keeps the bowels regular.

Alcohol 1 ounce, oil of peppermint 1 ounce, castor oil 1 ounce;

mix, and add oil of anise 30 drops, magnesia 60 grains, pulverized ginger 40 grains, water 2 ounces, enough white sugar to form a syrup. Dose—For child teething, teaspoonful occasionally.

Honey 1 pound, paregoric 2 tablespoonfuls, oil of anise 1 ounce; mix and add enough water to make a thin syrup. Dose—For child teething, a teaspoonful when necessary.

Anise seed 56 parts, fennel seed 24 parts, caraway seed 24 parts, ginger root 2 parts, lactucarium $2\frac{1}{2}$ parts, lupuline 10 parts; percolate with 50% alcohol to make 450 parts, to which add simple syrup enough to make 1500 parts in all. Dose—Teaspoonful when necessary. For children teething, sleeplessness, nervousness, wind in the bowels, griping pains, summer complaint, diarrhoea, colic, etc.

Dalby's Carminative: Water 10 pints, sugar 32 ounces, carbonate of potassium 4 drachms, carbonate of magnesia 12 ounces, tincture of opium 6 fluid ounces, oil of peppermint 40 drops, oil of fennel 40 drops. Dose—For children, half a teaspoonful occasionally. Useful as a sedative for teething children, etc.—[*Era Anal.*]

Mrs. Wheeler's Nursing Syrup: Sugar 35 ounces, lime-water 4 ounces, aqueous extract of podophyllin 4 drachms, fluid extract of poppy 4 ounces, oil of anise 1 drachm, rectified spirits 2 ounces. Dose—Teaspoonful when necessary.—[*Pharm. Jour.*]

A teething syrup in which there is no harmful narcotics: Infusion of tamarinds (1 to 8) 8 ounces, bromide of ammonium 2 ounces, tincture of benzoin 4 drachms, oil of anise 10 drops, oil of fennel 10 drops, oil of caraway 5 drops, enough glucose syrup to make 16 ounces in all; strain the infusion, and in it dissolve the bromide; to the benzoin add the three oils; then add the mixture to the syrup, mix them thoroughly, and to this add the still warm infusion. Dose—Teaspoonful for child 1 year old, at bedtime, giving more or less according to age.—[*Prac. Drug.*]

Worm Medicines—German Worm Tea: Manna 2 ounces, fennel seed 1 ounce, socotrine aloes 1 ounce, pink root 1 ounce; macerate in a quart of boiling water for 2 hours, then add enough more boiling water to make up the evaporation. Dose—From one to two teaspoonfuls, according to age.—[*New Ideas' Anal.*]

Dr. Freeman's Vermifuge: Oil of wormwood 1 ounce, oil of turpentine 4 drachms, castor oil 3 ounces, pink root 1 ounce, hydrastin 20 grains, syrup of peppermint 1 ounce. Dose—For a child 10 years old, a teaspoonful three times a day an hour before each meal; if it purges too freely, give it less often. Where no worms are present, it acts as a splendid tonic.—[*Nat. Drug. Jour.*]

Frey's Vermifuge: Castor oil 1 ounce, aromatic syrup of rhubarb 1 ounce, oil of wormwood 30 drops, croton oil 5 drops.—[*Am. Jour. of Pharm.*]

Proctor's Vermifuge: Santonin 16 grains, fluid extract of pink-root-and-senna 2 fluid ounces. Dose—For a child 2 years

old, one teaspoonful night and morning until purging takes place. To expel stomach worms from young children.—[*Dr. Proctor in Nat. Drug. Jour.*

Fahnestock's Vermifuge—Castor oil 1 ounce, oil of wormseed 1 ounce, oil of anise $\frac{1}{2}$ ounce, tincture of myrrh $\frac{1}{2}$ drachm, oil of turpentine 10 drops; mix, and bottle. Dose—Same as given on bottle.

Worm Lozenges—Powdered lump sugar 5 ounces, starch $2\frac{1}{2}$ ounces; mix with mucilage, and to every ounce add 12 grains of calomel; divided into twenty 1-grain lozenges. Dose—For adult, two to six lozenges.

Dr. Geo. M. Beard's infusion for worms: Pink root 4 drachms, senna 2 drachms, manna 1 ounce, fennel seed 2 drachms; place all in 1 pint of boiling water and allow it to infuse in a covered vessel for an hour, then strain. Dose—A wineglassful three times a day to a child from 2 to 4 years old. For the common round worm with which children are usually afflicted no better remedy can be found, is the claim of this noted medical writer.

A pleasant vermifuge: Extract of pink root 5 fluid ounces, extract of senna 3 fluid ounces, oil of anise 10 drops, oil of caraway 10 drops, simple syrup 8 fluid ounces. Dose—Adults, one or more teaspoonfuls at intervals until purging commences; for children, half a teaspoonful or less.

Scurvy in Children—Scurvy is often mistaken for rheumatism or paralysis, but scurvy in children rarely occurs after the age of 2 years, while rheumatism is rarely seen in babies under 2 years of age; fever is nearly always present in acute rheumatism, but is rarely observed in scurvy.

Give fresh food suitable to the little patient's age; fresh cow's milk, properly adapted, raw egg albumen, beef juice, and fruit juice should be fed to the child according to its digestive capacity; as much as 2 ounces of beef juice during each 24 hours is commonly well borne by most infants; if indigestion results, the quantity of course should be lessened. Fresh, ripe fruit juice seems to be the strongest anti-scorbutic that we possess; a child under 6 months may be given the juice of half an orange at intervals during the 24 hours—using always the strained juice; grape, plum, apple or pear juice are all good, but the fruit should be thoroughly ripe and in perfect condition.—[*Dr. James Murray in Am. Jour. of Med.*

Bed-Wetting in Children—Newspapers contain many advertisements of cures for this disorder; leave them alone—most of them are dangerous. If the following will not cure, no other preparation will:

Take tincture of belladonna 1 drachm, water 4 ounces. Dose—A half to a teaspoonful for a child 3 years old. Each teaspoonful of this mixture contains 2 drops of belladonna, and should not be increased without consulting a physician.—[*Dr. Conwell in Pop. Med. Knowledge.*

Or, procure the shells of the fresh water mussel, heat them until they can be pulverized, and give as much of the powder as will lie on a 3-cent piece two or three times a day. This is a tested remedy.—[*Mrs. Clara Neal in Home Mag.*]

Mrs. C. M. Jones writes in the Ladies' Magazine: "A neighbor's child was troubled in this way; she gave it 2 or 3 drops of the oil of wintergreen two or three times a day and the little one was entirely cured. The remedy is a harmless one, as I am taking 8 to 10 drops twice a day for rheumatism."

Snuffles—This is a form of infantile catarrh, and is due to thickening of the nasal membranes. The same condition is found in adult persons, but it is more distressing in small children because they instinctively try to breathe through the nostrils.

Greasing the nose with goose grease or fresh lard will give relief in some cases.

Steaming the head with hot water to which vinegar has been added may be tried with good results.

The snuffles greatly disturb the sleep and will make the child backward in learning to talk.

Cleansing the nostrils frequently will act as a temporary relief unless there are abnormal growths in the nostrils, in which case a surgical operation is necessary.

Fluid extract of catnip 2 ounces, fluid extract of saffron flowers 12 drachms. Dose—From one to three teaspoonfuls according to age. It is also a popular remedy in all cases of colds and febrile and eruptive diseases in infants and children.

Thrush (Sore Mouth)—Irregular, roundish, white specks on the lips, tongue and mouth, giving the affected parts the appearance of curds and whey having been smeared upon them; mouth is hot and painful and the infant refuses to nurse—are characteristics of this infantile disorder.

Chlorate of potash 30 grains, honey 2 drachms, enough water to make 2 ounces in all; with a soft rag wash the mouth several times a day.

One of the best local applications is an equal quantity of finely powdered borax and honey, or sugar; anoint, or dust on, also place some upon the tongue, which, by its natural movements, will soon carry the mixture or powder to every part of the mouth; this should be repeated every two or three hours.—[*Dr. Morris Clay.*]

An infusion of gold-thread (*coptis trifolia*) is a good mouth-wash for children.

For sore mouth, chlorate of potassium, from 3 to 5 grains three or four times daily, may be given in powder to a child under 4 years of age with good results.—[*Dr. Hartshorne.*]

Apply at first gum arabic water; then glycerine and water (1 part to 4 or 5 of water); then borax in solution (2 drachms in 4 ounces of water); later tincture of myrrh in water (half a teaspoonful in a wineglassful of water). All of these may be used in

succession if the case is obstinate.—[*Dr. Hartshorne in Manual of Dom. Med.*

Borax 1 teaspoonful, glycerine 2 tablespoonfuls; apply with a camel's-hair brush or feather four or five times a day.—[*Dr. Gleason.*

Sulphite of soda 30 grains, tannin 10 grains, glycerine and water of each 4 drachms; mix; brush the mouth with this solution from every two hours to three or four times a day, according to the severity of the case.—[*Dr. Hand.*

Make a tea of sage and hyssop, add a little borax, and sweeten; wash the parts affected two or three times a day.

A solution of burnt alum is recommended.

A tea made of sumach berries is excellent.

Or, to half a teacupful of strong tea (liquid) add half a dozen rusty nails; stir well and brush the mouth well with the solution from every two hours to three or four times a day.—[*Dr. Hand.*

Colic in Infants—An infant affected with colic is very restless, screams frequently, and appears in great distress; the lower extremities are drawn upon the belly, the bowels are constipated, there is generally vomiting, and the belly is more or less distended.

Colic generally results from over-fat milk. To avoid it, the mother should eat plain, substantial food; do not need to go on any special diet except that the eating of fresh, ripe fruit may be very freely indulged in.

Babies' colic must be treated on the same principles as flatulent colic in adults. Moving the bowels, causing the wind to move, and relieving the pain—these are the aims. Sweet oil, or castor oil, or magnesia (in spiced syrup of rhubarb) will be right for the first purpose. Essence of peppermint (a drop at a dose, or, for a child under 6 months, a drop in two doses, in syrup) and camphor water (not spirits) in teaspoonful doses, or a teaspoonful of the milk of asafoetida, may represent the wind-moving medicines for infants.—[*Dr. Hartshorne.*

Balsam of fir 1 drachm, chloroform 10 drops, bicarbonate of soda 10 grains, enough mucilage of gum arabic to make 3 ounces in all. Dose—Teaspoonful every two or three hours for a child 6 months old.

Milk of asafoetida 2 ounces, bromide of sodium 6 to 10 grains. Dose—Teaspoonful every two hours for a child from 3 to 6 months old.

Rub the belly with the following liniment: Dissolve 2 drachms of gum camphor in 3 ounces of pure olive oil, then add to it 2 drachms of laudanum and mix well. This application will rarely fail to relieve the little patient, who will soon fall fast asleep. Some hours afterwards, the bowels may be opened by means of a little manna dissolved in milk, or the following powder: Calcined magnesia 6 or 8 grains, rhubarb 2 grains, powdered anise seed 2 grains.—[*Dr. Geo. M. Beard in "Our Home Physician."*

A quarter of a teaspoonful of pulverized slippery-elm bark, thoroughly mixed with sugar and added to the milk with which the babe is fed, may give relief.—[*Mrs. E. B. Duffey, M. D., in "What Women Should Know."*]

For griping in infants: Mucilage of acacia 3 ounces, powdered sugar 3 drachms, spirits of turpentine 2 drachms, calcined magnesia 15 grains. Dose—Teaspoonful every three or four hours.—[*Era.*]

Mumps—This is a mild contagious disease, which most people (not all) have but once, is seated in one or both of the parotid glands and surrounding cellular substance. These glands are situated one on each side of the neck, just below the ear. In their healthy condition they are so small that we do not either see or feel them; in mumps they grow quite large and painful, especially the latter while in the act of swallowing.

This ailment usually commences with slight shivering, followed by hot skin, thirst, and other feverish symptoms; this is soon followed by swelling under the angles of the jaws, gradually extending over a considerable part of the throat on the side affected; the swollen parts feel firm and elastic, are slightly red, and tender or painful. The disease generally begins to subside on the 4th or 5th day.

An old-time test in the early stages of the affection is to warm a little pure cider vinegar and let the patient taste it; the intense pain felt if it be mumps is a sign of the disease.

Mild laxatives should be given and the parts bathed in soap liniment (given elsewhere), to which may be added a little laudanum to relieve the pain.

Rubbing the parts with the grease taken from the jaw-bone of a hog is a popular remedy in some localities.

If the pain is severe, a flannel cloth may be wrung out in hot water containing a few drops of laudanum and applied to the parts; and a little tincture of myrrh may also be added. Should the swelling break, apply a slippery-elm poultice, and then a good healing salve or ointment.

It is important that the face and neck be kept warm; avoid catching cold and regulate the stomach and bowels.

Apply to the swelling a hot poultice of bread, milk and corn meal.

A hop poultice is also excellent.

Heller's Liniment for Mumps: Tincture of belladonna, tincture of opium and ether of each 1 fluid drachm, camphorated soap liniment 3 ounces; rub frequently.

Measles—Measles is a typical contagious disease, and few persons escape having it during some period of their lives. It usually occurs in childhood, yet some escape to have it during adult life, and a fewer number escape it altogether. Very few have it more than once. The first symptoms are almost the same as accom-

pany acute catarrh, such as fever, watery eyes, headache, sneezing, running at the nose, and cough; diarrhoea is usually present; about the 4th day the eruption begins to appear—first on the face and neck, a red, small-pimply, blotched or patched eruption, not so bright a red color as scarlet fever, nor so hot and swollen, or continuous over the body and limbs. On convalescence, weak eyes are often left behind, or a chronic cough, or running ears.

German, French, or Dutch measles, appears to be a sort of hybrid or cross between measles and scarlet fever; the rash is a deeper red than in measles and more in patches than in scarlet fever; more sore throat and less cough than in measles; less dangerous than scarlet fever and not so contagious as measles.

Care should be taken that pneumonia, bronchitis, chronic cough, or running ears, do not develop as a complication or sequel to this disease.

Should the fever be high, and the eruption fails to fully appear, give the following: Subcarbonate of potash 2 drachms, purified nitre 30 grains, camphor mixture 6 ounces; mix in a strong infusion of camphor.

Keep the bowels regular; a voluntary looseness indicates a favorable crisis, and if moderate it should not be checked; but if it is very severe, check with an infusion of raspberry leaves, or an infusion of raspberry leaves and a few drops of laudanum.

Boneset tea, sage tea, and other warm drinks, assist in bringing out the eruption.

Syrup of ipecac may be given to loosen the cough.

If there is marked debility, quinine and highly nourishing food, such as bread, milk, and eggs, are required.

In ordinary cases, the early appearance of the eruption will be favored by giving a dose of flowers of sulphur (a small teaspoonful for a child) in milk.

Lemonade with very little sugar, or raspberry vinegar and water, will be found useful to lessen thirst.

Sweet spirits of nitre 2 drachms, paregoric 1 drachm, camphor water 1 wineglassful. Dose—Teaspoonful in half a teacupful of water every two hours.

To lessen the cough, if troublesome, flaxseed tea, or an infusion of slippery-elm bark, with a little lemon juice to make it more palatable, will be found of benefit.

Chafing—Nothing is more annoying and troublesome to fleshy people (and often to some who are not fat, adults as well as infants) than chafing under the arms, between the thighs, cheeks of the buttock and elsewhere.

For magical effects, try: Lanoline 17 parts, albolene 2 parts, campho-phenique 1 part; first wash the parts affected with "suds" made of tepid water and pure, white castile soap; then dry softly with a very soft rag, without rubbing, and apply the pomade; this should be done on retiring and on arising in the morning.

One of the best nursery powders for severe chafing is made with: Powdered camphor 2 drachms, oxide of zinc 6 drachms, English precipitated chalk 2 ounces, carbolic acid 15 drops, oil of neroli 5 drops, oil of roses 5 drops; mix thoroughly and sift several times through bolting cloth of 100 meshes to the inch. Splendid for raw and irritable surfaces. Mixed in proportion of 3 parts of vaseline to 1 part powder also forms one of the finest family remedies in the way of a general healing salve that can be suggested.

Subnitrate of bismuth 1 drachm, pulverized gum arabic 7 drachms; mix and apply dry, after washing the chafed parts gently with pure castile soap and tepid water.

Borax 30 grains, glycerine 1 ounce, elder-flower water 7 ounces; shake well until thoroughly incorporated; apply at night.

Acetate of zinc 15 grains, acetate of morphia 2 grains, glycerine 2 ounces, rose water 2 ounces; bathe the parts in tepid water, dry well with a soft cloth, and apply the lotion two or three times a day; may be diluted with water if too strong. Especially good for fleshy grown people.

Beeswax, fresh lard and pure sweet oil of each equal parts when in a liquid state; unite them when melted and stir constantly until the mixture becomes stiff. Not only good for chafed surfaces in infants, but also chaps, cuts, etc.

Carbonate of zinc, used alone, is said to be excellent by dusting over the parts affected.

A small teaspoonful of borax added to a pint of tepid water forms a most excellent wash, especially if there is much inflammation.

The parts affected, in an infant particularly, should be carefully and frequently washed with tepid water, or, what is better, fresh sweet milk and water.

Vaseline, refined petrolatum, or sweet cream, are soothing and beneficial.

Boil some maple twigs and dissolve a small lump of alum in the liquid; wash the tender skin of infants with this instead of water.

Scorched flour has been recommended as a dusting powder.

Deal's Infant Powder: Potato starch 9 pounds, powdered talcum 1 pound, extract of jasmine 4 drachms, oil of roses 45 drops.

Thom's Infant Powder: Equal parts of powdered corn starch and talcum and the oxide of zinc.—[*Era Anal.*]

Hufeland's Chafe Powder: Valerian root 2 ounces, orris root 3 ounces, anise seed 1 ounce, saffron flowers 2 drachms, carbonate of magnesia 2 ounces; powder all very finely and sift four or five times through fine bolting cloth.—[*King's Form.*]

Dr. Shoop's Infant Powder: Powdered French chalk 7 ounces, powdered boric acid 1 ounce, extract of jasmine 45 grains, extract

of musk 15 grains; sift thoroughly four or five times through fine bolting cloth.—[*Clark's Anal.*

Pinkham's Baby Powder: Starch 250 parts, precipitated chalk 150 parts, burnt alum 14 parts, boracic acid 14 parts, carbolic acid 7 parts, oil of lemon 7 parts; pulverize all the solids very fine and mix them thoroughly; then add the oil by trituration and sift until a smooth, impalpable powder is secured.—[*Era Anal.*

Mangel's Infant Powder: Salicylic acid 1 drachm, powdered talcum 6 ounces, powdered lycopodium 6 ounces, corn starch 3 ounces, oxide of zinc 1 ounce; perfume with a little oil of bergamot to imitate and prepare as given in the foregoing preparations of like character.—[*Nat. Drug. Jour.*

Chafing in fat people: Dissolve alum in water and bathe the chafed parts, applying with a soft rag.

Breasts and Nipples—One of the ablest writers on obstetrics says: "Women when nursing are liable to have sore nipples—a complaint which is very troublesome, and in many cases not easily subdued. It is least likely to happen, however, when both of the breasts are in turn emptied by the infant. This may mostly be prevented by washing the nipples frequently during a month or two before delivery with a strong decoction of white oak bark."

Mrs. Dr. Gaylord says: "When the nipple and parts surrounding it become inflamed and sore, it will be necessary to apply warm poultices of bread and milk, or flax-seed, to reduce the inflammation, after which a little sweet cream should be used to heal the excoriations."

Dr. Geo. M. Beard, in "Our Home Physician," says: "For a month or six weeks before confinement, especially in a first pregnancy, attention should be paid to the state of the nipple. If it appears healthy, not tender to the touch, and the skin of moderate thickness, nothing more is required than that it should be rubbed two or three times a day with a little sweet oil, and all pressure from corsets and the clothes most carefully avoided; for this pressure is frequently the cause of soreness and flatness of the nipple. If the nipples are painful, and the skin is thin, they should be washed three or four times a day with any astringent infusion, as of green tea, white oak bark, willow bark, or brandy, or spirits, and exposed to the air each time ten or fifteen minutes, or longer."

Dr. C. W. Gleason, in "Everybody's Own Physician," writes: "When the breasts become hard, inflamed, swollen and tender to the touch, they should, at the very commencement of the inflammation, be covered with a belladonna plaster. These plasters should be prepared with a small opening in the center for the protrusion of the nipple, and may be worn as long as required. When applied early, a plaster of belladonna is almost a specific for inflammation of the breast, and will nearly always prevent a gathering and the formation of an abscess. They should always be applied when there is any caking, hardness, or soreness and pain while drying up the milk."

Bathe a hard and sore breast (threatening inflammation and "gathering" or abscess) with sweet oil saturated with as much camphor gum as it will take up.—[*J. C. Russell, M. D., in Am. Med. Rev.*]

A warm bread poultice is good; it should be changed every four or five hours, and covered with oiled silk.

Apply turnips roasted until soft, mashed and mixed with a little oil of roses; change twice a day, keeping the breast warm with flannel cloths.

Boil a handful of chamomile flowers and as much marshmallows in milk and water; foment with it between two flannel rags, as hot as can be borne, every twelve hours. This will also dispel any knot or swelling in any other part of the body.

An external application of cranesbill (a native woods plant) by means of a hot fomentation is recommended.

Let the nipples be always gently wiped dry with a soft napkin after suction; if at all sore, bathe them with equal parts of lime-water and pure olive oil, or paint with equal parts of glycerine and rose water.—[*Prac. Drug.*]

For abscess of the breasts, apply warm vinegar to the parts every two hours; if this is done in time, it will soon give relief.—[*Mrs. Jennings in Ladies' Home Mag.*]

The compound tincture of benzoin can be used on sore nipples of nursing women with good results.

Anointing sore nipples with glycerole of tannin (druggists keep it already prepared) will cure them readily.

Powdered gum arabic frequently dusted on is good.

Mrs. Jordan in *Home Journal*: "Often young mothers catch cold and suffer from a cake forming in the breast and if not speedily relieved the breast will rise, causing much suffering, and often losing the usefulness of the breast in giving milk. When the hard place begins to form, take a piece of pure castile soap and shave it into some sweet milk, put it on the fire (stirring all the while) and let it boil until it will make a poultice; then apply to the breast, renewing the poultice whenever necessary; when relieved, bathe thoroughly with warm water; then lay a warm cloth over it, after having wiped dry."

Wash with the simple tincture of benzoin; the benzoin forms a varnish over the cracked surface of the nipples, and this protects them during the act of nursing, and does not interfere with lactation; under this treatment they will heal in a few days.—[*Dr. Clayton.*]

Mix equal parts of biborate of sodium and powdered acacia, and sprinkle a little upon the nipple when the child is not nursing; it is safe for the baby, and if applied while the child's mouth is sore, either from thrush or apthæ, it will be found a useful remedy for the child.—[*West. Drug. Jour.*]

Mix equal parts of glycerine, tannin and rose water well together and apply to sore or cracked nipples.—[*King's Form.*]

Equal parts of subnitrate of bismuth and lanoline make a good remedy for fissured nipples; it relieves pain and need not be removed for nursing.

Make a mixture of mutton tallow and spirits of camphor; apply with a cloth as hot as can be borne every half-hour, renewing the camphor as it evaporates.

The "Bittersweet Ointment" is made by taking 2 ounces of the bark of bittersweet root, cover with spirits of wine, and add 8 ounces of fresh, unsalted butter, simmer slowly for an hour and then strain through muslin; anoint the nipples occasionally.—[*Mrs. Clara Wilson in Rural World*.]

A good sore breast salve is made by taking tobacco leaves 1 pound, spikenard root 1 pound, comfrey root 8 ounces; boil them together in 3 quarts of chamber-lye until almost dry; squeeze out the juice, add to it, in equal parts, pitch and beeswax, and then simmer it over a moderate heat to the consistency of a salve; apply occasionally to the parts affected.—[*Mrs. C. Johnson in Home Mag.*]

For hard and swollen breasts, the consequence of accumulated milk, mix 2 ounces of compound camphor liniment with 1 ounce of spirits of sulphuric ether, rub gently over the affected parts and allow it to evaporate; use not oftener than three times a day; keep away from fire or flame of a lamp, on account of the ether.—[*Mrs. C. J. Clark in Household*.]

For sore breasts, take equal parts in weight of beeswax, mutton tallow and resin; melt and mix all together over a water bath; remove from the fire and stir as long as possible; to use, spread on flannel cloth large enough to cover the breast well, and renew the salve every other day until entirely relieved; cut a hole large enough for the nipple to pass through, so the child can nurse. This is a remedy for what is usually called "weeds" by the women, arising from a cold. It is also very good to use in weaning time, adding to it some camphor spirits. Pine tar may be used instead of the resin.—[*Med. Rev.*]

Fomentations of hot vinegar are often followed with complete success in sore and caked breasts.

For hard and swollen breasts, dissolve an ounce of carbonate of ammonia in a pint of hot water and apply to the breasts as hot as can be borne; protect the nipples; continue the fomentations until relief is obtained.—[*Jour. of Med.*]

"Allison's Ointment for Gathered Breasts" is made by taking 10 ounces of finely cut tobacco leaves, 4 pints of diluted acetic acid and 13 ounces of basilicon ointment; boil the tobacco in the acid, strain and evaporate the decoction over a water bath down to 4 fluid ounces; add this to the ointment, previously heated, and stir the whole well together; apply by spreading upon linen. Pure cider vinegar may be used in same quantity instead of the acetic acid if desired.—[*King's Anal.*]

A little spearmint simmered in lard and the mixture applied hot and thoroughly rubbed in, is said to be a splendid application for caked breasts; or, take the oil of spearmint 1 drachm and sweet oil 2 ounces, put a teaspoonful of it in a dish, heat as hot as can possibly be borne by the patient, apply with friction by the hand, and if the patient be able to sit up, have her sit up to the stove and heat it in thoroughly; repeat three times a day.

For fissured nipples, take salol 2 drachms, ether 2 drachms, collodion 15 drachms; dissolve the salol in the ether and then add the collodion; apply once or twice a day as the case seems to demand and keep away from the flame of a lamp, or fire.—*Prac. Drug.*

In hard swellings of the breasts, rub them gently with sweet oil, or soap liniment; and a drachm of compound tincture of iodine added to an ounce of either of them will render it still more effective; the bowels should be kept gently open, to subdue the fever.

Atler's Nipple Wash: Powdered gum arabic 1 drachm, borate of soda 20 grains, tincture of myrrh 2 drachms.—[*Proctor's Anal.*

Rosebud Nipple Cerate: Salicylic acid 1 ounce, tannic acid 2 drachms, borax 2 ounces, white wax 4 ounces, benzoated ointment 12 ounces, oil of bergamot 20 drops; melt the wax over a water bath, remove from the fire, stir in the ointment, and then add the others, the bergamot last, and stir until cold.—[*Jour. of Med.*

Prof. Peters' Nipple Cerate: Oxide of zinc 10 grains, subnitrate of bismuth 1 drachm, carbolic acid 10 drops, cosmoline ointment 1 ounce; mix well into an ointment and anoint occasionally. Also excellent for chapped hands, lips, etc.—[*Prac. Pharm.*

Nidola Nipple Lotion: Tincture of arnica 1 drachm, balsam of peru 1 drachm, oil of sweet almonds 1 ounce, lime-water 1 ounce; mix and bathe them frequently.—[*Era Anal.*

German Nipple Salve: Powdered borax 2 drachms, powdered alum 4 drachms, balsam of peru 3 drachms, oil of sweet almonds 1 ounce, yolk of 1 egg; beat up all together into an ointment.

Hoke's Nipple Salve: Petroleum ointment 30 drachms, subnitrate of bismuth 2 drachms, tannin 1 drachm; make into an ointment and apply constantly while the child is not nursing.—[*Clarke's Book of Form.*

Mastitis, or Milk Fever—In the Columbia Hospital for Women, a liniment composed of 1 ounce of gum camphor dissolved in 6 ounces of turpentine has been found most effective in checking the secretion of milk in mastitis; it alleviates pain, lessens induration, and is more effective in reducing inflammation than any other remedy that has been tried.

A mixture of chloroform and glycerine, well shaken and quickly applied, and covered with oiled silk, is highly spoken of in preventing mastitis.—[*Med. Monthly.*

Try a mixture of iodoform 1 drachm, thymol 16 grains, fresh lard 2 ounces; make an ointment and apply freely.—[*Era Form.*

Or this: Extract of belladonna 4 drachms, syrup of bladder-wrack 4 drachms, powdered opium 1 drachm; mix thoroughly and rub in well three times a day.—[*Jour. of Pharm.*]

Or this: Tincture of aconite root 10 drops, tincture of poke-root 20 drops, water 4 ounces. Dose—Teaspoonful every hour, and apply to the parts a lotion of equal parts of the mixture and water, renewing it every three hours.—[*King's Presc.*]

The effervescing draught of potash, with about 15 drops of sweet spirits of nitre and the same quantity of sal-volatile, every four hours, will cause most cases of milk fever to end in resolution; if any local applications are necessary, to ease the pain and help along, hot fomentations containing belladonna may be used.—[*Dr. Grierson.*]

To Check the Flow of Milk—Bruised parsley leaves applied to the breasts in the shape of a poultice will dispel and check the secretion of milk.—[*Dr. Stearns.*]

The extract of belladonna rubbed upon the nipples will quickly arrest the secretion of milk, in case of death of the child.—[*Dr. Chas. Morgan.*]

Crushed sage leaves used as a poultice on the breasts will prove effective.—[*Dr. Leonard.*]

Dissolve 1 ounce of camphor in 6 ounces of spirits of turpentine and apply to the breasts when necessary for this purpose.—[*Dr. J. Fullerton.*]

Anointing the breasts with the iodide of potassium ointment will stop the secretion of milk and allay the consequent irritation and inflammation of the breasts which is apt to follow its accumulation in those cases where, from the death of the infant, it is desirable that the secretion be abated.—[*Dr. King's Med. Form.*]

Dr. Stork's Anti-Lacteous Pills: Sodium acetate 3 parts, camphor 1 part, saltpetre 1 part—all in grains, and enough fluid extract of elderberry (*sambucus*) to form a pill-mass; then divide into pills of 2 grains each and take three pills night and morning. Employed to suppress the secretion of milk.—[*Amer. Med. Rev.*]

To Increase the Flow of Milk—Fluid extract of castor-oil plant leaves 3 ounces, fluid extract of fennel 1 ounce, fluid extract of anise 1 ounce, fluid extract of wintergreen 1 ounce, simple elixir 6 ounces. Dose—Tablespoonful three or four times a day in water or milk.—[*Stearns' Non-Secret Rem.*]

A decoction of goat'srue (*galega officinalis*), a South American plant, drank occasionally, will improve the quality and quantity of milk.—[*Dr. C. Grierson.*]

Anise has the property of increasing the secretion of milk, and has been in use from the earliest times; a strong, healthy woman may take, bruised or in powder, 20 or 30 grains or more.—[*Dr. Frank Morehouse, Atlanta.*]

An infusion of wintergreen leaves, drank freely, will increase the flow of milk in a nursing woman.—[*Amer. Med. Mon.*]

To Imitate Mother's Milk—Prof. Leeds, the noted chemist, of Berlin, gives the following formula for making cow's milk as near mother's milk as possible: Take a pint of good, fresh cow's milk, add to it a pint of water; add 2 ounces of fresh, sweet cream and then add 400 grains of milk sugar.—[*Am. Jour. Med. Science.*]

Vomiting in Pregnancy—Sweet tincture of rhubarb 2 ounces, tincture of gentian compound 1 ounce. Dose—Teaspoonful three times a day.—[*King's Med. Presc.*]

Carbonate of magnesia 2 drachms, tincture of columbo 1 ounce, peppermint water 11 ounces. Dose—Tablespoonful three times a day.—[*Dick's Encyc.*]

Carbolic acid 2 drops, subnitrate of bismuth 1 drachm, peppermint water 2 fluid ounces. Dose—Teaspoonful as often as necessary to check it.—[*King's Med. Presc.*]

Hydrochlorate of cocaine 8 grains, distilled water 10 ounces. Dose—Two tablespoonfuls every hour until relieved. For obstinate cases.—[*Dujardin-Beaumetz.*]

Oxalate of cerium 1 grain, ipecac 1 grain, creosote 2 drops. For one dose—to be repeated every hour.—[*Dr. Kingsbury.*]

Sulphate of morphia 4 grains, creosote 20 drops, acetic acid 40 drops, water 2 fluid ounces. Dose—Teaspoonful every hour until the vomiting becomes less.—[*Dr. Mowry.*]

Tincture of chloride of iron 2 fluid drachms, diluted sulphuric acid 2 fluid drachms, water 4 fluid ounces. Dose—Tablespoonful every four hours.—[*King's Form.*]

Columbo root 2 drachms, boiling water 1 pint; macerate for four hours and strain, afterwards adding spirits of cinnamon 1 ounce. Dose—Two to four tablespoonfuls. Also good in puerperal fever.—[*Dr. Clay in Rev. of Med. Sci.*]

Drop doses of tincture of iodine every 2 or 3 hours is almost a specific in all forms of vomiting.—[*King's Med. Form.*]

The extract of belladonna rubbed upon the abdomen will stop it, it is claimed by several good authorities.

Bromide of potassium is said to be an excellent remedy in 20-grain doses three times a day, dissolved in water.

Take 1-grain doses of oxalate of cerium, doubled if necessary, and repeated three times a day; certain specific, and also for sick stomach.—[*Dr. Clark Jonesbury.*]

For heartburn in pregnancy, Dr. Mervall prescribes: Carbonate of ammonia 30 grains, bicarbonate of soda 90 grains, and water 8 ounces. Dose—Two tablespoonfuls two or three times a day until relieved.

FEMALE IRREGULARITIES

The Western Medical Journal says: "Nine-tenths of all female diseases are caused or aggravated directly or indirectly by constipated bowels; there is hardly a female trouble of any kind that has not among its first symptoms a costive or constipated condition. Menstruation is made easier by keeping the bowels open, and in pregnancy it is positively dangerous to allow the constipated condition to continue."

When the flow is scanty and lacks color, it indicates a lack of iron in the blood.

Suppressed Menstruation—Take powdered aloes 12 grains, dried sulphate of iron 12 grains, white pine turpentine 12 grains; make into 12 pills. Dose—One three times a day.—[*Prof. Parvin.*

Myrrh 8 grains, powdered jalap 15 grains, dried sulphate of iron 1 drachm, powdered aloes with canella (*hiera picra*) 1 drachm; make into a mass with simple syrup and divide into 50 pills. Dose—Two or three pills at bedtime for several nights successively.—[*Dr. Jourdan in Amer. Jour. of Ther.*

Fluid extract of cotton root 2 ounces, fluid extract of aloes 1 ounce, fluid extract of blue cohosh 1 ounce, tincture of myrrh 1 ounce. Dose—Teaspoonful three or four times a day.—[*Dr. King's Med. Presc.*

Fluid extract of life-root (*sencio aurens*) 3 drachms, fluid extract of colic-root (*alettris farinosa*) 3 drachms, fluid extract of black snake-root (*cimicifuga*, black cohosh) 5 drachms, fluid extract of black haw (*viburnum prunifolium*) 5 drachms. Dose—Ten drops in water every three hours. This preparation seems to act more readily and decisively where the disturbance is of nervous origin, or is the result of nerve exhaustion. Quite unpleasant in taste but the dose is small. Used in general irregularities.—[*Dr. Seely Johnson in Med. Sci.*

Tincture of aloes compound (U. S. P.) 1 ounce, tincture of chloride of iron 1 ounce, fluid extract of ergot 1 ounce, essence of peppermint 2 drachms, simple syrup enough to make 6 ounces in all. Dose—Teaspoonful in water every five hours as indicated.—[*Carter's Med. Prac.*

Tincture of chloride of iron 6 drachms, tincture of cantharides 2 drachms, tincture of aloes 2 ounces, tincture of ammoniated guaiacum 3 ounces, simple syrup enough to make 12 ounces in all; mix the iron and cantharides, then add 2 ounces of the simple syrup (which must be fresh), then the aloes; shake well, then add the guaiacum, and balance of the syrup; if the least foaming occurs add 2 drachms of alcohol. Dose—Two to four teaspoonfuls two or three times a day. It is not a pretty mixture, the iron giving it a black tint, but it is a safe and sure emmenagogue.—[*Dr. King's Med. Presc.*

Fluid extract of motherwort (*leonorus cardiac*) administered in one-half to two-teaspoonful doses two or three times a day will restore the monthly flow where its stoppage is caused by catching cold or exposure.—[*Mrs. John Gilmore in Farming World.*]

Fluid extract of savine 1 drachm, sweet spirits of nitre 3 drachms, mucilage of acacia 1 ounce, enough water to make 6 ounces in all. Dose—Teaspoonful every two hours.—[*Dr. Jas. Peters.*]

Fluid extract of conium (water hemlock) 2 drachms, fluid extract of cannabis indica (Indian hemp) 2 drachms, fluid extract of gelsemium 2 drachms, fluid extract of black snakeroot 2 drachms, camphor water 8 ounces, bromide of ammonium 1 ounce. Dose—Teaspoonful three times a day. Begin ten days previous to the anticipated menses with the preparation and use until the period passes.—[*Dr. Goss.*]

Dr. Biddle says aloes cause a determination of blood to the pelvic organs, hence its adaptation in formulas of this disorder.

The common garden beet is said to act as an efficient emmenagogue if taken in sufficient quantity.

Fluid extract of aloes, fluid extract of ergot, fluid extract of cotton root and fluid extract of black cohosh of each 2 ounces. Dose—Half a teaspoonful every three hours, and use hot fomentations of hops on the bowels.—[*Dr. Jas. Park King in Med. Rev.*]

Madder 1 ounce, cinnamon 1 ounce, cloves 1 ounce, good brandy 1 pint; pulverize all the solids and mix with the brandy. Dose—Teaspoonful twice a day. Particularly useful for those just arriving at the age of puberty.—[*Mrs. Dr. Mary Grayson in London Home Journal.*]

Fluid extract of polygonum (water-pepper) 4 ounces, oil of savine 1 drachm, oil of rue 1 drachm; mix thoroughly. Dose—Half a teaspoonful three or four times a day.—[*West. Jour. of*]

Fluid extract of black snakeroot 1 ounce, fluid extract of ergot 1 ounce, simple syrup 2 ounces. Dose—Teaspoonful two or three times a day for four or five days previous to the usual period.—[*Mrs. A. C. Walker, M. D., in Amer. Home Mag.*]

Resin of guaiacum is a valuable emmenagogue in amenorrhea; it is given in doses of 10 grains, stirred in a wineglassful of milk, every morning before breakfast.—[*Med. Sum.*]

A teaspoonful of powdered white mustard seed is a favorite remedy with many women and often a most effectual one.—[*Dr. Hanley.*]

Take a half-cupful of strong pennyroyal tea, with a teaspoonful of sweet spirits of nitre added, twice a day.—[*Ford's Form.*]

Infuse 1 ounce of Virginia snakeroot (*serpentaria*) in 1 pint of boiling water for a few hours and strain. Dose—One to two teaspoonfuls four to six times a day. To be successful it must be taken occasionally between the regular periods.—[*Dr. C. Parker Jones.*]

Try a teaspoonful dose of elixir proprietatis (tincture of aloes and myrrh) twice a day in water.—[*Dr. Hartshorne in "Household Manual of Medicine."*]

Or, try one or two teaspoonfuls as a dose of "Warner's Cordial" (tincture of rhubarb and senna) in a little hot water on going to bed at night.—[*Dr. Hartshorne.*]

Take apiol 2 drachms; make into a mass with mucilage of gum tragacanth and divide into 30 pills. Dose—One pill three or four times a day.—[*Mrs. Dr. Gleason.*]

Liquor of ammonia 1 fluid drachm, mucilage 1 ounce, water 9 fluid ounces; inject three times a day, and retain the fluid for at least ten minutes each time.—[*Dick's Encyc.*]

Aloes 1 drachm, lobelia 1 drachm, black cohosh 1 ounce, gum myrrh 1 ounce, tansy 1 ounce, false unicorn root 1 ounce, cayenne pepper 4 drachms; mix well after powdering all very fine, and make into a mass with a solution of gum; then make into pills of 2 grains each. Dose—One pill three times a day. Removes obstructions and are also good for headache, low spirits, nervousness, sallowness of the skin, etc.—[*Ford's Form.*]

A nervine for female weakness and nervous debility: Take, in the crude state, valerian 1 ounce, yarrow 1 ounce, goldenrod 1 ounce, false unicorn 1 ounce, lady's slipper 1 ounce, sculleap 1 ounce, ginseng 1 ounce; steep in 3 pints of water until reduced to 1 pint, then strain; next add good port wine 1 quart, pulverized golden seal 1 ounce, pulverized cloves 4 drachms, and sweeten with loaf sugar to taste. Dose—Half a wineglassful three times a day, before meals. Good also in colic, pains in the stomach, flatulency, etc.—[*Bot. Gaz.*]

Lydia Pinkham's Vegetable Compound: Cramp bark 4 ounces, partridge-berry vine 4 ounces, poplar bark 2 ounces, false unicorn root 2 ounces, cassia 2 ounces, bethroot 6 drachms, sugar 12 ounces, alcohol 1 pint; reduce the solids to a moderately coarse powder, pour over them sufficient boiling water to barely cover, and allow it to stand until cold; then percolate with water until the filtrate measures 1 pint; then add the sugar and bring to a boil; next remove from the fire, and when cold add the alcohol and strain. Dose—From one to two teaspoonfuls three or four times a day.—[*Nat. Chem. Jour. Anal.*]

Dewees' Periodical Drops: Powdered gum-guaiacum 8 ounces, powdered allspice 2 ounces, carbonate of soda 3 drachms, diluted alcohol 2 pints, volatile spirits of ammonia 10 ounces; digest the first three articles in the alcohol for a few days, then add the ammonia and keep well corked. Dose—A teaspoonful in a little sweetened milk or sherry wine, morning, noon and night, in cases of suppressed menstruation. Claimed to be an excellent, well-tried remedy.

Dr. Springer's Emmenagogue Mixture: Infusion of pennyroyal 14 ounces, sweet spirits of nitre 6 drachms, spirits of juniper

1 ounce, tincture of cantharides 2 drachms. Dose—Two tablespoonfuls three times every twenty-four hours.

Hooper's Female Pills: Barbadoes aloes 8 ounces, dried sulphate of iron 2 ounces, fluid extract of black hellebore 2 ounces, myrrh 2 ounces, castile soap 2 ounces, canella 1 ounce, Jamaica ginger 1 ounce; make into a mass with sufficient water and divide into pills of $2\frac{1}{2}$ grains each. Dose—Two or three at bedtime for several nights in succession.—[*Used and recognized by the Phila. Coll. of Pharm. as the proper formula for this preparation.*]

Caperton's Female Pills: Dry sulphate of iron 1 drachm, powdered jalap 15 grains, powdered aloes 1 drachm, powdered cinnamon 1 drachm, myrrh 8 grains; mix thoroughly and add enough simple syrup to form a mass; then divide into 30 pills. Dose—Two or three at bedtime for several nights in succession previous to the anticipated date.—[*Nat. Drug.*]

Dr. Martin's Female Pills: Barbadoes aloes 8 ounces, dry sulphate of iron 2 ounces, myrrh 2 ounces; powder all well, mix thoroughly and add sufficient mucilage of gum arabic to form a pill-mass; then divide into pills of $2\frac{1}{2}$ grains each. Dose—Two or three at bedtime for several nights previous to the regular time of the monthly event.—[*Jour. of Chem.*]

Monjean's Female Pills: Ergotine 3 parts, extract of black hellebore 2 parts, socotrine aloes 2 parts, oil of savine 1 part; make into pills of $4\frac{1}{2}$ grains each. Dose—One pill three times a day as an emmenagogue.

Mrs. Walker's Female Pills: Dried sulphate of iron 1 scruple, powdered aloes 2 scruples, powdered cloves 5 grains; mix thoroughly and make into a pill-mass with Venice turpentine; divide into 20 pills. Dose—One pill three times a day.—[*Med. Rev.*]

Terry's Female Pills: Socotrine aloes, red oxide of iron and white turpentine of each equal parts; melt the turpentine and strain; then mix all well and form into 3-grain pills with mucilage. Dose—Two or three a day.

Dr. Mutter's Female Pills: Dried sulphate of iron 3 parts, terebinthina 3 parts, socotrine aloes 2 parts; make into pills of 2 grains each. Dose—One pill three times a day as an emmenagogue.—[*Jour. of Pharm.*]

Painful Menstruation—Fluid extract of black snakeroot 1 drachm, tincture of pulsatilla (pasque flower) 1 drachm, tincture of gelsemium 30 drops, tincture of black haw 2 drachms, syrup of bitter orange 4 ounces. Dose—Teaspoonful four times a day, four days prior to, and during, the menstrual period. Also serviceable in scant and irregular menstruation.—[*Phila. Med. Coll.*]

Tincture of chloride of iron 3 drachms, tincture of cantharides 1 drachm, tincture of aloes 1 ounce, tincture of guaiac-ammoniata 12 drachms, simple syrup enough to make 6 ounces in all. Dose—Tablespoonful three times a day. Use a mustard bath and keep warm fomentations on the stomach; keep bowels open.—[*J. A. Geer, M. D., in West. Drug.*]

Fluid extract of gelsemium 1 drachm, iodia 1 ounce, fluid extract of buchu 1 ounce, sweet spirits of nitre 1 ounce, camphorated tincture of opium 4 drachms, enough distilled water to make 6 ounces in all. Dose—Teaspoonful every two or three hours until relieved; bathe the feet in warm water and apply a poultice to the bowels.—[*Dr. Beard of N. Y. Med. Coll.*]

Fluid extract of gelsemium 5 fluid drachms, simple elixir 11 fluid drachms, syrup of bitter orange 2 ounces. Dose—Teaspoonful every two hours.—[*King's Med. Presc.*]

The ammoniated tincture of guaiacum may be given alone during the painful period, in doses of half a drachm in a wineglassful of water, until relieved.—[*King's Med. Presc.*]

Solid extract of belladonna 8 grains, pulverized camphor 1 drachm, bisulphate of quinine 2 scruples; make into a pill-mass with mucilage and divide into 30 pills. Dose—One pill every hour or two until the pain ceases. Especially indicated in females of a nervous temperament when painful menstruation occurs independent of organic lesion.—[*Dr. Morrow in Pac. Med. Rev.*]

Powdered saltpetre 2 scruples, camphor water 12 ounces, laudanum 3 drachms. Dose—Two tablespoonfuls every six hours.—[*Mrs. Wentworth in Home Jour. of Health.*]

Hot drinks, such as ginger tea, or hot water with a little essence of Jamaica ginger in it, or a teaspoonful of compound spirits of lavender, will be found serviceable; so will spirits of camphor, or camphor water, and in bad cases, doses of elixir of paregoric.—[*Dr. Gunn.*]

Cloths wrung out of hot water may be applied to the lower part of the abdomen.

Camphor 150 grains, extract of belladonna 30 grains, quinine 30 grains; make into a thoroughly mixed mass with mucilage of gum tragacanth and divide into 80 pills. Dose—One every four hours until relieved.—[*Mrs. Dr. Gleason.*]

Applying a belladonna plaster to the lower part of the spine between the hips will often be found serviceable.—[*Dr. Harper.*]

Powdered extract of stramonium 16 grains, sulphate of quinine 16 grains, macrotin 8 grains, morphine 1 grain; make into 8 pills. Dose—One pill, repeating once or twice only, forty or fifty minutes apart if the pain does not subside by this time. Use in extremely painful cases only.—[*Chicago Med. Institute.*]

Pulverized rhubarb 2 drachms, pulverized jalap 2 drachms, syrup of poppies enough to mix into a pill-mass; divide into 120 pills and take one night and morning.—[*Det. Home for Friendless Women.*]

Dr. Selah W. Hunt, of Chattanooga, in the Louisville Medical Journal, recommends this course of treatment: "Give, every three or four hours while in pain, a pill composed of $\frac{1}{2}$ grain of opium and 2 grains of camphor. In the interval, twice a week, 2 pills composed as follows: Compound gamboge pill $\frac{1}{2}$ drachm, combined asa-

foetida and aloes pill $\frac{1}{2}$ drachm; make into 12 pills. Also, with the pills, give one tablespoonful of 'Griffith's Mixture.' Avoid colds, mental excitement, etc."

In large doses the spirits of mindererus, it is said, will relieve the pain and correct the trouble. The dose is from one-half fluid ounce to one and one-half fluid ounces every three or four hours, mixed with water and sweetened with sugar.

Powdered gum guaiacum, in doses of ten to thirty grains, will be found useful.

Sulphate of bebeeria will be found useful, but unskilled hands should not touch it.

When this ailment occurs with sanguine constitutions, give borax in doses of about nine grains every two hours, in a tablespoonful of flaxseed tea, for two days prior to the period of the expected return.—[*Dr. Morehouse*.

"Dr. Dewees' Periodical Drops," given under the heading of "Suppressed Menstruation," will be found useful. Give in the same manner as directed there.

Iodide of silver is frequently prescribed by practitioners, especially in cases of long standing. Dose—One to two grains three times a day in the form of pills.

The use of bichloride of carbon, by inhalation, is very highly lauded by one class of medical men.

Camphor 1 scruple, solid extract of hops 1 drachm, solid extract of garden lettuce 1 scruple; make 20 pills. Dose—Three when the pain commences, and occasionally afterwards.—[*Dr. Rigby*.

Solid extract of hyoseyamus 20 grains, camphor 30 grains, powdered ipecac 10 grains; make 20 pills. Dose—One two or three times a day.—[*Dr. Ashwell*.

Blue cohosh 2 ounces, ergot 1 ounce, water-pepper 1 ounce, savine 2 ounces—all fluid extracts. Dose—From twenty to forty drops two or three times a day. Useful also in obstructed menstruation and general irregularities.—[*Tilden's Form*.

Excessive Menstruation—When this trouble occurs with weak, thin-blooded persons, take tincture of chloride of iron in fifteen-drop doses in water three times a day for several weeks at a time; if headache follows the use of the iron, leave off for a few days, and then try it in smaller doses; it does not agree with all.—[*Dr. Hartshorne*.

It is said, sucking the juice of one or two lemons has the effect of checking an excessive monthly flow.

Take aletris cordial 8 ounces, celerina 8 ounces. Dose—Teaspoonful four times a day, before meals and at bedtime.—[*Dr. Goddard in Ladies' Jour. of Fash*.

Pulverized alum 1 drachm, tincture of chloride of iron 1 drachm, enough syrup of cinnamon to make 4 ounces in all. Dose—Teaspoonful three times a day.—[*Dr. Copland*.

Tincture of canabis indica (Indian hemp) 30 drops, pulverized

tragacanth compound 1 drachm, spirits of chloroform 1 drachm, enough water to make 2 ounces in all. Dose—One-half the mixture; repeat in three hours and as often as necessary until relief is obtained. It has the reputation of furnishing relief when many other remedies failed.—[*Dr. Seethe in Rev. of Amer. Med. Prac.*

Chlorosis, or Green Sickness—In cases where there is no inflammation, or in cases where the patient is not plethoric or inclined to fever, take green vitriol (sulphate of iron) 4 grains, sulphuric acid aromaticum 20 drops, syrup 4 drachms, water 1 ounce. Dose—Teaspoonful three times a day in water.—[*Dr. C. C. Karmichael.*

Sulphate of iron 3 drachms, aloes 2 drachms, aromatic powder 6 drachms, conserve of roses 1 ounce; mix thoroughly and divide into 5-grain pills. Dose—One pill three times a day. Good also for interrupted menstruation.—[*King's Med. Presc.*

Tincture of chloride of iron 5 fluid drachms, diluted phosphoric acid 5 fluid drachms, enough syrup of citric acid to make 4 fluid ounces in all. Dose—Dessertspoonful three times a day in water.—[*Dr. Godell.*

Sulphate of iron 30 grains, carbonate of potassium 30 grains; mix thoroughly and make into a mass with mucilage of gum tragacanth; divide into 30 pills. Dose—One to four at mealtimes, according to condition of patient and urgency of case.—[*Dr. Niemeyer.*

Try tincture of chloride of iron in fifteen-drop doses three times a day in a little water, about half an hour before each meal.—[*Dr. Geo. M. Beard.* See similar prescription of Dr. Hartshorne for excessive menstruation. Iron in most of its forms is of great value in female troubles of this character.

Craig's Iron Mixture: Precipitated carbonate of iron 5 drachms, extract of conium 2 drachms, balsam of peru 1 drachm, alcohol 4 ounces, oil of cinnamon 8 drops, oil of wintergreen 8 drops, water 4 ounces, sugar 4 ounces. This strengthening mixture has proved to be one of the best remedies in general debility, menorrhagia, leucorrhœa, chlorosis, St. Vitus' dance and hysteria. The medium dose is two teaspoonfuls three times a day in sugar and water; the bottle should be well shaken each time before using.—[*J. Henry Craig, M. D., in Sou. Med. Rev.*

Widow Welch's Pills: Aloes 8 grains, myrrh 4 grains, soap 4 grains, oil of caraway 1 drop, sufficient water to make a pill-mass and make into 4 pills. Dose—One each evening for four days.

In general female debility, mix fine iron filings with as much ground ginger. Dose—Half a teaspoonful three times a day in a little honey or molasses, increasing or lessening the dose to produce a blackness of the stools; continue this course until health is regained.—[*Amer. Prac.*

Leucorrhœa—Washes made of white-oak-bark tea, lime-water, or a solution of alum (a drachm to half a pint of water), used as

an injection with a syringe, will be found serviceable.—[*Dr. Grayson*.

A suppository may be made by mixing 10 grains of tannin with enough cacao butter to make a mass.—[*Era*.

Chlorate of potash 13 ounces, wine of opium 10 ounces, tar-water 300 ounces; two or three tablespoonfuls are to be added to a quart of warm water as a vaginal injection.—[*King's Med. Presc*.

Carbolic acid 1 drachm, glycerine 4 ounces, water 12 ounces; inject a syringeful three times a day, using a proper syringe so as to retain the liquid five to ten minutes.—[*Era*.

Borax 2 drachms, glycerine 4 ounces, water 12 ounces; inject a syringeful three times a day and retain it ten minutes; if there is much pain and backache, add thirty drops of laudanum to each syringeful before injecting it.—[*Mrs. Dr. Gleason*.

Try compound solution of alum 6 drachms, water 1 quart; use it lukewarm as an injection.—[*Dr. Clay*.

Or, sugar of lead 60 grains, water 1 quart; use as an injection.—[*Prac. Drug*.

Or, catechu 1 drachm, myrrh 1 drachm, lime-water 12 ounces; dilute further with water and use as an injection.—[*Med. Rev*.

Or, sulphate of zinc 40 grains, water 1 quart; use as an injection.—[*Med. Rev. of N. Y*.

Dr. Mallez claims he has received wonderful results from the use of chloride of tin. He injects daily, in divided portions, a solution containing $\frac{1}{2}$ drachm of tin to 3 fluid ounces of distilled water.

An injection of a solution of creosote, made with 2 drops to a fluid ounce of water, several times a day, is frequently prescribed.

Try a decoction of cranesbill root, made by boiling an ounce of the root in $1\frac{1}{2}$ pints of water, and use as an injection.

The water avens plant, prepared in the same manner, possesses similar medicinal properties.

Dr. Braman highly recommends doses of $1\frac{1}{2}$ drachms powdered false unicorn root, or starwort as it is frequently called, to be taken three times a day.

Try a decoction (made with an ounce to the pint of water) of powdered wax-myrtle bark, and use as an injection two or three times a day until relieved.

Or, an injection three or four times a day with a solution made of 1 part of chlorinated soda to 15 to 30 parts of water. Useful also for all other foetid discharges from the vagina or uterus.

In the Phila. Med. Hospital the following is a favorite prescription: Fluid extract of golden seal 1 drachm, chlorate of potash 1 drachm, sulphate of zinc 2 drachms, tannin $\frac{1}{2}$ drachm, sulphate of quinine $\frac{1}{2}$ drachm, distilled water 2 pints; inject with a female syringe morning, noon and night. With a teaspoonful of the fluid extract of buchu, three times a day, taking in a little flaxseed tea, success is certain in most cases.

The following is largely used in the St. Louis Hosp. for Women: White vitriol 10 grains, powdered gum arabic 2 drachms, laudanum 1 drachm, water 8 ounces; use as an injection three times a day, in acute cases.

The London Med. Times: Blue vitriol 6 grains, pure water 6 ounces; use as an injection.

When this distressing ailment occurs in pale, feeble subjects, use solution of nitrate of iron. Dose—Seven to ten drops, gradually increased to twelve or fifteen, if necessary, two or three times a day. Also use the same preparation by way of injection three or four times a day, diluting with sufficient water to cause only a slight heat and smarting when using.

Try this remedy: Sulphate of magnesia 6 drachms, sulphate of iron 10 grains, distilled sulphuric acid 40 drops, compound tincture of cardamom 4 drachms, water 7 ounces. Dose—One-fourth part morning and evening until all is taken; and as an injection, to be used with the foregoing, take the decoction of white-oak bark 1 pint, pulverized alum 4 drachms; mix, and use a syringeful night and morning.

A writer in the St. Louis Med. Jour. recommends this: Yellow resin (powdered) 1 ounce, rhubarb (powdered) 3 drachms, conserve of roses 4 drachms, and sufficient simple syrup to give it the right consistency to take. Dose—A large tablespoonful twice a day in a cupful of comfrey-root tea.

Dr. Chase advises: When this ailment occurs in a person of robust and sanguine habit, it is usually of an inflammatory nature—in which case, therefore, the patient should take every other day, in a glassful of water, a mixture of Epsom salts 2 drachms, powdered saltpetre 10 grains and powdered gum arabic 15 grains; divide the amount into three doses and take two or three hours apart; subsist on a low diet.

Two-teaspoonful doses of the tincture of buchu leaves in a wine-glassful of marshmallow root decoction will be found useful.—[*Dr. Montfort, of Nashville.*]

The taking of 8 grains of jalap every eight days is recommended by several good authorities to effect a cure in five weeks.

A solution made of tannic acid 5 grains to 1 fluid ounce of water, and used as an injection, in divided portions, is recommended by others; use three times a day.

Dr. Weeks, of Columbus, recommends the use of a decoction of bearberry (*uva ursi*) leaves, made with water, and injected three times a day, taking half a wineglassful of the decoction inwardly each time.

Detroit Med. Review: Take 1 to 3 grains or more of sulphate of zinc (white vitriol) and dissolve it in a fluid ounce of water, and use it as an injection three or four times a day.

Macerate 2 ounces of bruised pomegranate rinds or flowers in 2 pints of water for twenty-four hours, and then boil down to 1

pint; inject a wineglassful of this decoction two or three times a day, occupying at least ten minutes each time.—[*Dr. Johnson in Mod. Prac.*

White bismuth is said to be good when the affection belongs only to the vagina; the entire surface of that part is to be dusted with the powder once a day.

Dr. Knox, of Memphis: Infuse $\frac{1}{2}$ ounce of the dried leaves of large-flowering spurge (*euphorbia hypericifolia*) in 1 pint of boiling water and take two fluid ounces inwardly morning, noon and night.

Prof. Marchal, of Strausberg, highly recommends the following preparation as an injection: Balsam of copaiba 5 drachms, gum arabic 8 drachms, water $12\frac{1}{2}$ ounces; dissolve, and use two or three times a day.

Here is another: Sal-ammoniac 4 drachms, water 1 pint; use, in divided portions, three times a day.

Dr. Martin writes: Take of powdered matico in doses of one-half drachm to two drachms three times a day; an infusion may be injected at the same time.

Nashville Med. Progress: Take $\frac{1}{2}$ fluid ounce of permanganate of potassium to 1 pint of water, dissolve, and use the solution, in divided portions, as an injection three times a day.

Dr. Bedford Brown, of North Carolina, uses an injection three times a day, in his practice, of 2 drachms of chlorate of potash dissolved in 1 pint of water; he also uses it in female gonorrhœa and ulceration of the os uteri.

Dr. McCann, of Martinsburg, O., and Dr. Ewing, Lexington, Ky., highly recommend an infusion of golden-seal root, made with 1 drachm of the dried root to 1 pint of water, and injected three times a day, in syringe-ful quantities.

Make an infusion of rhatany by taking 1 ounce of the bruised or powdered root to 1 pint of water and inject in syringe-fuls three times a day.—[*Prof. Jas. Dunglison, of Phila.*

In very obstinate cases, make an infusion of kino by pouring 8 fluid ounces of boiling water over 2 drachms of the extract of kino, strain when cool, and use as an injection in wineglass syringe-fuls three times a day.—[*Dr. Sidney Smith.*

London Lancet: Prepare a solution by dissolving a scruple of carbonate of lead in enough of diluted nitric acid for solution, and adding a pint of distilled water; inject a syringe-ful three times a day.

A decoction of the fresh leaves of heal-all, or horse-weed, has been used as an injection in some cases with success.

Ammoniated copper solution is recommended by several able medical writers as an injection two or three times a day.

In very obstinate cases, try an infusion of marsh rosemary, as an injection, two or three times a day.

Take Venice turpentine and fine loaf sugar in equal propor-

tions, make into small pills, and take three or four morning and evening until a change is effected. Claimed also to relieve all kinds of pains in the back, etc.

ECZEMA, TETTER, RINGWORM, ETC.

There are two diseases of the skin known as eczema, tetter or ringworm; one is dry and scaly (psoriasis), the other is moist, and known under the name of running tetter (impetigo). To the latter class belong the eczema and ringworm.

The scaly tetter (scald-head, dry-scald, salt-rheum) is characterized by irregularly shaped scaly patches, confined chiefly to the head, hands and arms. Fissures or cracks are very apt to form in these troubles, and give out a thin fluid, which is concretioned into crusts and scabs; the surface under them is red, tender and irritable. The disorder is always attended with heat and itching. Persons with dark complexion and of full habit, whose skin is usually harsh and dry, are more subject to this kind of tetter—and it occurs more frequently in women than in men.

The running, or humid tetter (eczema, ringworm) makes its appearance in circumscribed, irregular, round, or oval-shaped patches of small pustules closely set together, which, after discharging their contents, continue to throw out a thin acrid matter. This dries, and forms into yellow or greenish-colored scabs, from under the edges of which the matter continues to ooze, giving rise to itching, or a stinging, or smarting sensation, accompanied by heat. It may appear on any part of the body, and may continue for months or for years. Females with fine, delicate skin and rosy complexion are most subject to it, and usually breaks out on the neck, on the trunk of the body, or on the limbs.

During the treatment for this disorder by local applications, the bowels should be kept in a free condition by taking three times a week, before breakfast, a teaspoonful of cream of tartar and flowers of sulphur, equal parts, mixed with molasses so that it can be easily swallowed.

Eczema Remedies—Iodoform 2 drachms, tannic acid 1 drachm, cosmoline 2 ounces; rub well into the affected parts three times a day.

Try boric acid as a lotion; dissolve as much in boiling water as it will take up and apply three to six times a day. Do not make an ointment of the acid by mixing with glycerine, vaseline or anything else—simply dissolve in boiling water. In this form, it is the best remedy also for ringworm, dandruff, and many other skin diseases too numerous to mention.—[*Jour. of Med. Prac.*

The benzoated oxide of zinc ointment given elsewhere is a good local application; if crusts form, apply poultices every night until removed.

Hot milk baths are recommended when the hands are affected; let the milk scald, not boil, and apply generously as hot as can be borne, allowing it to dry on.

For chronic cases: Try an ointment composed of equal parts of tar ointment and oxide of zinc salve and apply twice a day.

From the following proprietary articles you can take your choice. If one does not give relief, try another. What will cure in one case, often will have no effect in another.

Lasser's Eczema Ointment—Naphthol 10 grains, green soap 25 grains, precipitated chalk 25 grains, washed sulphur 25 grains, lanoline 25 grains; mix thoroughly and apply twice a day. Recommended also for itch and all other skin diseases.—[*Ohio Med. Mon.*

Deppen's Eczema Ointment—Bicarbonate of potassium 15 grains, bicarbonate of soda 30 grains, glycerine 45 drops, carbolic acid 5 drops, water 4 ounces; dissolve the salts in the water, mix the acid and the glycerine together, and then unite the two solutions; apply two or three times a day. Recommended also for itch, etc.—[*Era*.

Darwin's Eczema Ointment—Sublimed sulphur 1 ounce, tar 4 ounces, white wax 2 drachms; melt all together over a water bath and stir well; anoint often.

Hebra's Eczema Ointment—Compound zinc ointment with ichthyol 4 ounces, salicylic acid 1 ounce, glycerine 2 ounces, white albolene 5 ounces; apply by smearing over the affected parts twice a day.—[*Stearns' Anal. Chem.*

Hebra's Eczema Wash—Phenic acid 4 drachms, sulphuric ether 15 drachms, glycerine 15 drachms, alcohol 90 drachms; apply twice a day and keep well corked and away from the flame and fire. Best in dry and scaly forms of the disease.—[*Drug Cir.*

Dr. Millerton's Eczema Lotion—Powdered alum 210 grains, borax 200 grains, sugar of lead 40 grains, blue vitriol 20 grains, water 1 pint; shake well before using each time; wash the parts affected two or three times a day.

Dr. Chase's Eczema Remedy—Resorcin 2 drachms, glycerine to make 2 ounces in all; apply with a camel's-hair pencil night and morning.—[*Chase's Recipes*.

McKenzie's Tetter Ointment—Powdered sulphate of zinc 4 drachms, liquid storax 1 drachm, fresh lard 2 ounces; melt all together over a water bath and simmer for an hour, stirring occasionally; apply night and morning, first washing the parts with pure castile soap and warm water. Also for ringworm, etc.

Newell's Tar Ointment—Tar 6 ounces, mutton suet 12 ounces, fresh lard 12 ounces, beeswax 3 ounces, powdered black hellebore 4 drachms, flowers of sulphur 4 ounces; melt the first five all together over a water bath, and while still warm stir in well the two powders. For tetter, salt rheum, ringworm, itch, etc.

Dr. Brown's Ointment—Precipitated carbonate of zinc 1 ounce, flowers of sulphur 1 ounce, vaseline 3 ounces, oil of winter-green 1 ounce. Spoken well of for a variety of skin diseases, especially ringworm and itch.

Dr. Temple's Tetter Ointment—Iodide of sulphur 25 grains, fresh lard 1 ounce; anoint several times a day. In tetter, itch, salt rheum, ringworm, eczema, and other skin diseases.—[*Drug. Cir.*

Boston Tetter Ointment—Soft soap 4 ounces, fresh lard 8 ounces, sulphate of zinc 2 drachms, sublimed sulphur 2 ounces, powdered black hellebore 4 drachms; mix well and apply two or three times a day. Good also for ringworm, etc.

Benton's Tetter Ointment—Tar 8 ounces, sublimed sulphur 2 ounces, white wax 4 drachms; melt the wax over a water bath and stir in well the other two, while hot. Used also in itch, ringworm, and all parasitic diseases of the skin.

Weigend's Tetter Ointment—Take 16 grains of a powder (made of 4 drachms of calomel, 2 drachms of acetate of lead and 1 drachm of red precipitate), mix with 40 drops of glycerine, 10 grains powdered camphor, 1 ounce simple cerate and 2 drops oil of lemon; anoint on retiring every night and rub well in.

Scald-Head Remedies—Tincture of benzoin 1 drachm, salicylic acid 25 grains, vaseline 1 ounce; first wash the head with pure castile soap and tepid water and then apply daily.

Or, permanganate of potash 8 grains, sulphate of zinc 12 grains, water 4 ounces; apply three times a day.—[*Dr. Gray.*

Or, take sulphur 1 teaspoonful, piece of lard size of a hen's egg and 1 teaspoonful of tar; mix the three well, and apply freely to the scalp three times a day. If the scalp is covered by a thick crust, it should be removed before applying the salve by a poultice of ground flaxseed or bread and milk.

Or, if the above fails to cure, use the following, which is stronger: Citrine ointment 1 drachm, carbolic acid 20 drops, lard 1 ounce; mix, and apply three or four times a day.

Ringworm Remedies—Common baking soda 3 drachms, sulphuret of potash 3 drachms, fresh lard 3 ounces; melt all together over a water bath and stir well; said to be excellent.

Creosote 20 drops, oil of cade 2 to 3 drachms, sublimed sulphur 3 drachms, bicarbonate of potassium 1 drachm, fresh lard 1 ounce; make an ointment; apply two or three times a day. Especially good in obstinate cases when around or between the thighs. Wash off the parts well beforehand with pure castile soap and tepid water and dry thoroughly.—[*Jour. of Med. Prac.*

Hydrate of chloral 1 drachm, glycerine 1 ounce, rose water 2 ounces; apply three or four times daily.

Sulphate of zinc 2 scruples, sugar of lead 15 grains, distilled water 6 ounces; wash the spot two or three times a day. Said to be a certain cure.—[*Nat. Med. World.*

Bichloride of mercury 10 grains, oil of sassafras 1 drachm, alcohol 1 ounce; one or two applications of this remedy will cure.—*[New York World.*

Chrysophanic acid 10 grains, glycerine 1 ounce; mix and apply twice a day.—*[Criterion.*

Salicylic acid 4 grains, powdered starch 4 grains, oxide of zinc 4 grains, lard 1 ounce; mix and rub thoroughly together.

Listerine diluted with an equal amount of water will allay the irritation.

An application of a weak solution of carbolic acid will stop the intolerable itching.

Women much subjected to this trouble should eat quantities of fruits and salads, particularly dandelion and water-cress.

In the moist varieties, soothing applications, as boric acid, bismuth, starch, or oxide of zinc powders, may be dusted on the parts, separated with a piece of lint or soft linen.

The mixture of 1 part of bismuth to 3 of vaseline, creamed together, makes one of the nicest applications for this trouble as well as for burns, abrasions or other inflammation of the skin.

When a child suffers from eczema it is best to avoid using soap for it as far as possible; instead, it may be washed with oatmeal water.

For the dry and scaly form, take salicylic acid 1 drachm, carbolic acid 10 drops, vaseline 1 ounce; make into an ointment and apply daily until the scabs have become soft; then follow with a healing ointment of oxide of zinc 1 ounce, oil of bergamot 1 drachm, vaseline 1 ounce; apply twice a day.

For infantile eczema, take boric acid 16½ grains, balsam of peru 15 grains, vaseline 2 ounces; apply two or three times a day.

Try 1 drachm of bicarbonate of soda to 1 ounce of lard or vaseline as an ointment.

Try rotten apples by binding them on the affected parts over night.

Try glycerole of tar (good pine tar) 1 part, glycerine 3 parts; warm and shake well before using; some use one-third tar. Useful also in scald-head, chapped hands, etc.

Mix together sulphuric ether 1 ounce and simple cerate 4 ounces, and rub on the ringworm two or three times a day. Good also in scald-head, itch, etc.

Salicylic acid 1 drachm, acetic acid 1 ounce; apply night and morning. Good also for itch, etc.

Or, iodide of potassium 1 drachm, water 4 ounces; apply with soft sponge and let it dry on.

Or, make an ointment of salicylate of mercury 16 grains and vaseline 1 ounce; use two or three times a day for ringworm, tetter, itch, and all kinds of parasitic ailments.

Or, there is nothing better than a combination of crystals of iodine 1 drachm and goose grease 2 ounces, worked thoroughly into the patches; a small stiff paint brush will help to do this.

Or, mix mustard into a thin paste; with the end of the finger rub the mixture first outside the spot, then over it, always rubbing gently and in a circle, and for a few seconds only; repeat twice a day while necessary. For a child, however, it is a painful cure; but an adult will not mind a few hours' smarting, and will find the cure rapid and effectual.

Or, olive oil 12 drachms, chloroform 4 drachms, menthol 1 drachm; anoint occasionally.

Or, take sulphate of copper ointment 1 drachm and vaseline or benzoated lard 2 ounces.

Or, rub with a mixture of equal parts of oil of tartar and oil of sweet almonds.

Or, wash the spot with soft soap every morning and in the evening apply a lotion made of 2 drachms of subcarbonate of soda and 1 pint of good, strong, pure apple vinegar.

Or, moisten the ringworm with a paste made of saliva and cigar ashes.

Or, bathe it with a strong decoction of poppy heads.

Or, try the "Creosote Ointment," given elsewhere.

Or, equal parts of oil of turpentine and spirits of wine.

Or, slice yellow-dock root into strong cider vinegar, allow to stand twenty-four hours, and moisten the ringworm often.

Or, apply a strong solution of borax and water until it produces redness, discontinue a day, and then repeat.

Or, bind a poultice of bruised garlic on the part over night.

Or, try the juice of the common houseleek growing in almost every garden.

Or, bathe it frequently with camphorated Hungary water.

Or, apply freely the vinegar of blood-root.

Or, a solution of the tannate of iron and water.

Or, use sulphuric acid 1 part to water 16 parts, and with a feather dampen the spot night and morning.

Or, an ointment of 1 part of goa powder to 40 parts benzoated ointment, and apply freely.

Or, make a strong tea of pipsissewa (prince's pine) by steeping either the roots or plant and drink half a cupful three times a day; also bathe the parts affected with the tea freely. Very useful in erysipelas.

Or, try calomel 10 grains, flowers of sulphur 2 drachms, oil of cade 1 drachm, enough rose ointment to make 2 ounces in all.

IVY AND SUMACH POISONING

The Virginia creeper (woodbine) and poison ivy are often taken one for the other, but there is considerable difference. The first has five leaves, the latter only three; the ivy berries are of a small greenish-white and close to the stalk, while those of the creeper are in a loose cluster and of a bluish-black color.

Usually the poison sumach grows in a wet or swampy ground. Its bark is gray, its leaf-stalks red; the leaves are compounded, of fewer leaflets than those of the innocent sumachs—that is, from seven to thirteen—which are green on both sides; the flowers, which are dull whitish-green, grow in loose panicles from the axils of the leaves, and naturally the berries follow in the same position; all the harmless sumachs have red clusters at the ends of the branches, whereas the poisonous axillary clusters are a dull grayish-white.

Poison ivy acts very differently upon different people. Some people are entirely proof against its effects, and can, with impunity, handle it without any ill effect. Others are poisoned by simple contact with clothing that has touched it. This difference of susceptibility to the poison seems to apply equally to the remedies, for what will cure one person has little or no effect upon another.

The poison of ivy is a resin and soap and water will wash it off. But if the eruption has developed by the time you reach home, apply sweet spirits of nitre, full strength, or a solution of common baking soda (tablespoonful to a pint of hot water).

Plantain leaves, the weed which grows in almost every doorway, is considered an antidote for ivy poisoning. Gather a bunch of the oval leaves and with a covered hammer pound them into a pulp; do not allow any of the juice to escape; make a poultice of them, using an open-meshed cheese-cloth, and bind tightly upon the affected parts.

Make a hot saturated solution of Epsom salts, dip a cloth into it and apply to the parts affected under dry, air-tight coverings, and repeat three or four times a day, according to the severity of the case.

Dry sulphur rubbed into the sores is considered a certain cure; camphor ice should be used to keep the skin soft.

A tablespoonful of copperas in a small cupful of boiling water will cure in some cases.

Bathe the poisoned parts thoroughly with hot water, without soap; when dry, paint it liberally two to four times a day with a feather dipped in strong tincture of lobelia; avoid bringing the tincture in contact with any fresh wound or excoriation. In some cases, where the lobelia tincture does not act quickly, an

application, in a similar manner, of the fluid extract of gelsemium sempervirens (yellow jasmine) will rarely fail to cure. Both of these remedies are excellent, generally acting like magic.

Apply cloths saturated with sugar of lead water.

Bathing the affected parts with an infusion of hemlock boughs is good in some cases; with others, an infusion of oak leaves will be found effective.

Bathing the parts with strong cold coffee will act like magic in some cases.

The grindelia robusta herb bruised and applied as a poultice is said to afford quick relief; a strong decoction of the plant is equally good.

Sassafras-bark tea is considered a specific. Cover with compresses soaked in the cold infusion, and drink as much as you like of it warmed, sugared, and creamed to suit your taste.

Take a handful of quicklime, dissolve in water, let it stand half an hour, then paint the poisoned parts with it; three or four applications will never fail to cure the aggravated case.

A certain cure is made of boroglyceride 1 ounce and pure oil of sassafras 3 ounces; apply once in six hours; will cure in a few hours.

Bathe the affected parts two or three times a day with a strong tincture of camphor.

Sour milk, heavily salted, put on the affected parts with a soft sponge and allowed to dry on is a good remedy.

Try a solution of the chlorate of potash on a cloth.

Anoint with balsam of copaiba; a few times will cure.

A strong solution of saltpetre and water has cured many cases if the blisters be broken, so as to allow the liquid to penetrate; more than one application is rarely necessary.

Ammonia water 1 ounce, 95% solution of carbolic acid 3 drachms, and pure olive oil 8 ounces; apply freely every three hours.

Try carbolic acid 1 drachm, acetic acid 4 ounces, distilled water 12 ounces, oil of bergamot 20 drops.

The fluid extract or a strong tea of Virginia snake-root is said to kill the poison at once and to be superior in efficacy to any other remedy.

Make a thin paste by rubbing prepared chalk and lard together and apply often, rubbing it well into the poisoned surface—never known to fail.

Try carbolic acid 2 drachms, sulphate of soda 3 drachms, water 6 ounces; apply constantly with a sponge or cloth.

Take carbolic acid 1 teaspoonful and witch hazel 1 pint, and you have a certain remedy.

Equal parts of sugar of lead and best alcohol, applied frequently as soon as itching commences, will quickly check it.

Try hyposulphite of soda 2 drachms, water 1 pint; apply constantly, to the parts, on cloths.

A strong decoction of white or black oak bark will be found excellent in some cases.

Dr. Chas. Humphrey, Brande, O., has experienced signal results by sponging the affected surface with a solution of 1 ounce of sulphate of zinc to 1½ pints of water every hour during the daytime.

Make a poultice of bread soaked in water, placing on this a liberal application of baking soda, and put on with a bandage. It causes considerable burning for about fifteen minutes or so, but the poisoning will surely disappear in a day.—[*Mercedes Journal*.

VARIOUS SKIN TROUBLES

Prurigo—Prurigo, or pruritus, is an itching ailment to which the vulva and vagina are much subjected among women and the scrotum and prepuce in men; the ani, between the thighs and cheeks of the buttocks in both sexes. The itching is sometimes terrible; it is aggravated by the heat of the bed, and oftentimes sleep is utterly impossible until toward morning. It is sometimes confounded with itch and eczema and ringworm, but it is a very different disease, and is a hard malady to treat—and requires much persistent effort. People well up in years are particularly apt to suffer from this trouble in one way or another.

A correspondent of the New York Medical Journal wrote: "For many years I suffered from the most aggravated form of pruritus ani, which refused to yield to any one of the many remedies applied for its relief—nothing seemed to have the slightest effect in ameliorating the torture to which the intense itching subjected me. After exhausting the Pharmacopoeia, I began to abstain from certain articles of food; one after another was dropped from my dietary for several weeks, but without effect until coffee was reached. An abstinence for a period of two or three weeks resulted in complete relief from the distressing symptoms. As a matter of experiment, the use of coffee was resumed for several days with the effect of reproducing the pruritus; the experiment was tried several times with the same result. A year without coffee has been to me a year without pruritus."

Applications may be tried of cold water; hot water; flaxseed tea, with soda in it; strong salt water; whiskey and salt water; pure whiskey; pure apple vinegar; creosote ointment; cerate of white lead (2 drachms of carbonate of lead to 1 ounce simple cerate); laudanum; spirits of camphor; camphor and hydrate of chloral, equal parts; glycerine; olive or almond oil; benzoated vaseline; boroglyceride; infusion of tobacco leaves, etc.

Pruritus Vulva—Borax 4 drachms, muriate of morphine 6 grains, rose water 6½ ounces; bathe the parts frequently, and

between the times of the applications, lycopodium powder or starch flour may be dusted upon the affected parts.—[*Dr. Grayson*.

Try powdered lycopodium 1 ounce and subnitrate of bismuth 5 drachms as a powder.

Dr. Verrier recommends the following: Carbolic acid 15 grains, acetate of morphia 12 grains, hydrochloric acid (diluted) 90 drops, glycerine 5 drachms, distilled water 3 drachms; a sponge dipped in this lotion is to be applied to the itching spot.

Dr. Simon treated this troublesome ailment with an ointment made of 30 grains of cocaine to 1 ounce of lanoline.

Tincture of iodine 1 drachm, water 3 ounces; use with a sponge at night and in the morning.—[*Dr. Carey*.

Leucorrhœa will cause excoriations of the external organs of generation.—[*Amer. Prac. of Med.*

Oxide of zinc 3 drachms, bromide of potassium 5 drachms, extract of Indian hemp 1 drachm, glycerite of starch 15 drachms; precede the application by bathing the parts in cold water.—[*Dr. Kuhn in Med. Sci.*

Bathing the affected parts with a solution of 4 to 20 grains of menthol to 2 ounces of water causes an immediate cessation of the terrible itching and will effect a cure after a few applications. Also good in pruritus ani, eczema, nettle rash, etc.

Try a free application of pure raw linseed oil to the parts affected—in many cases it has given immediate relief.

A solution of equal parts of alum and borax will give instant relief.—[*Prof. Shoemaker*.

Pulverized starch 2 ounces, pulverized camphor 3 drachms, oxide of zinc 1 ounce; dust on the affected parts.—[*Palmer's Favorite Formulas*.

Hyposulphite of soda 4 drachms, glycerine 2 drachms, distilled water 6 fluid ounces; use as a lotion.—[*Dr. Fox*.

Corrosive sublimate 2 grains, powdered alum 40 grains, starch 5 drachms, water 4 ounces; use only as a lotion.—[*Am. Prac. of Med.*

Calomel ointment (made with 80 grains of calomel to 1 ounce of lard) 1 drachm, carbolic acid 10 drops, vaseline 1 ounce; make into an ointment; rub well in, night and morning, and at any time when there is itching.—[*Phila. Mil. Hosp.*

Carbolic acid 15 drops, bichlorate of sodium 45 grains, glycerine 7½ drachms; apply with a piece of soft linen to parts affected.—[*Dr. M. Walker in Home Jour.*

Hydrate of chloral 3 drachms, camphor 3 drachms, lard 4 ounces; make an ointment and apply freely.—[*Am. Jour. of Obs.*

Hydrate of chloral 3 drachms, cherry-laurel water 1 ounce, distilled water 5 ounces; use as a lotion. Very efficacious in obstinate cases.

Wash with a solution of 20 grains of carbolic acid to a pint of water to stop the itching.

Distilled oil of juniper 1 ounce, alcohol 1 ounce; mix the two thoroughly until the oil is completely dissolved; then add 6 ounces of water; apply to allay the itching, etc.

Make a strong tea of sage and add 1 ounce of pure borax to 6 ounces of the tea and wash frequently.

If the itching arises from body-lice, which may be caught from riding in a street-car, or a public closet, make a strong tea of the seeds of the common larkspur and wash; or get the tincture at the druggist's and dilute it with water.

If the itching is very obstinate, make a lotion of bichloride of mercury 30 grains, tincture of opium 1 drachm, water 7 ounces, wash the parts frequently until relieved.

Pruritus Ani—The application of linseed oil will give relief as in pruritus vulva, if there are no rectal complications.

Naphthol 1 scruple, subnitrate of bismuth 2 drachms, ointment of oxide of zinc 1 ounce; make an ointment and anoint freely.—[*Amer. Drug. Jour.*

Flowers of sulphur 2 drachms, petrolatum 2 ounces; make into an ointment, and anoint night and morning.—[*Mrs. C. Wynkoop in Ladies' Home Jour.*

Apply pyroligneous acid (wood vinegar) with a camel's-hair brush; if too severe, dilute with water.—[*Dr. J. Mowry.*

Calomel 2 drachms, balsam of peru 3 drachms, carbolic acid 40 grains, lanoline 2 ounces; apply once or twice a day, after cleansing with tepid water.—[*Dr. Taylor in Mil. Weekly Sentinel.*

If the itching is caused by worms in the rectum, apply an ointment made of equal parts of lard and mercurial ointment twice a day; also pass a portion of the ointment up the rectum.—[*Dr. Gray.*

Hypophosphite of sodium 2 drachms, carbolic acid 1 drachm, pure glycerine 2 ounces, listerine 6 ounces; use as a lotion.

Croton oil 1 drachm, sulphuric ether 2 drachms, tincture of iodine 5 drachms; use only as a liniment.

Try the ointment of tar—a drachm of tar to an ounce of lard.

Take benzoic acid 20 grains, distilled water 8 fluid ounces; use as a lotion.

Try a lotion made of equal parts of diluted sulphuric acid and diluted acetic acid; use two or three times a day.

Try a strong solution of common table salt; bathe the parts freely and frequently.

Itch, or Scabies—Use plenty of castile soap and water, the disease being the result of lack of cleanliness; after washing use freely the "Iodine of Sulphur Ointment"; if the case is severe, take three times a day a wineglassful of an alterative composed of 4 drachms of the sulphate of manganese in 1 pint of water.

Try resorcin 1 drachm, vaseline 1 ounce; apply every night at bedtime.

Sulphur 6 ounces, bicarbonate of potash 3 drachms; make into an ointment with lard, and apply twice a day.

Red oxide of mercury 1 drachm, balsam of peru 1 ounce, lard 3 ounces; make into an ointment and apply thoroughly night and morning.

Oil of tar 3 drachms, sulphur 3 drachms, carbolized cosmoline or vaseline 2 ounces; rub in well, every night and morning.

Naphthol 3 parts, green soap 10 parts, prepared chalk 2 parts, lard 20 parts; mix thoroughly into an ointment; apply but once, after which powder with starch.

Carbolic acid 15 grains, acetic acid 1 ounce, distilled water 3 ounces, oil of bergamot 10 drops; apply freely.

Hyposulphite of soda 3 ounces, sulphurous acid 4 drachms, water 1 pint; apply once or twice a day.

Precipitated carbonate of zinc 1 ounce, sublimed sulphur 1 ounce, lard or vaseline 3 ounces, oil of wintergreen 1 ounce; make into an ointment.

Try the "Stavesacre Ointment" given under the head of ointments.

Or, washed sulphur 6 drachms, chloride of lime 1 drachm, lard 2 ounces; apply twice a day.

Or, rub benzine over the affected parts thoroughly.

French Hospital Itch Ointment: Chloride of lime 1 av. drachm, rectified spirits 2 fluid drachms; rub them together, and add sweet oil 4 fluid drachms, soft soap 2 av. ounces, oil of lemon 30 drops; mix thoroughly; then further add common salt 1 ounce, sublimed sulphur 1 ounce.

Bateman's Itch Ointment: Carbonate of potassium 4 drachms, red sulphuret of mercury 1 drachm, flowers of sulphur 11 ounces, fresh lard 11 ounces, oil of bergamot 30 drops, rose water 1 ounce; first mix the potassium and powders with a little of the lard and rub them well together; then add the remainder of the lard, previously softened with heat; afterwards add the oil of bergamot and rose water, gently warmed; stir until cold.

Smith's Itch Ointment: Flowers of sulphur 2 ounces, sulphate of zinc 2 drachms, powdered hellebore 4 drachms, soft soap 4 ounces, lard 8 ounces.

Bailey's Itch Ointment: Sweet oil 8 ounces, suet 8 ounces, alkanet root 1 ounce; melt and stir thoroughly, then add powdered saltpetre 6 drachms, powdered alum 6 drachms, powdered sulphate of zinc 6 drachms.

Le Gros' Itch Ointment: Iodide of potassium 30 grains, lard 1 ounce. Said to be very effective.

Hives—Hives come from indigestion; sometimes they are caused by a bit of fish. Mix a tablespoonful of flowers of sulphur and a teaspoonful of cream of tartar in a small cupful of dark molasses; take a teaspoonful of this mixture every morning before breakfast until you cease to be troubled with them.

For a wash: Pure cider vinegar 2 parts, water 1 part; apply as often as necessary.

Or, this: Take alcohol 1 part, water 6 parts; bathe them frequently.

Or, chloral hydrate 1 drachm, biborate of soda 4 drachms, listerine 2 ounces, water 10 ounces; apply as a lotion frequently.

Or, diluted sulphuric acid and diluted acetic acid in equal parts; as a lotion.

Or, a little castor oil on the finger applied to the ridges will allay the itching.

Ten drops of the compound syrup of squills may be given to a young child, and the dose should be increased with age, and repeated every twenty or thirty minutes.—[*Dr. Geo. M. Beard.*

Coxe's Hive Syrup: Squills 1 ounce, seneca snakeroot 1 ounce, water 1 pint, clarified honey 8 ounces, tartrate of antimony 12 grains; place the squills and snakeroot in the water and boil down one-half, strain, and add the other two. Dose—For a child, ten drops to a teaspoonful, according to age. Claims to have wonderful efficacy also in spasmodic or night croup.

Another syrup; Syrup of squills compound 3 ounces, syrup of ipecac 1 ounce. Dose—Teaspoonful.

Extract of witch hazel rubbed on frequently has cured many cases.

A solution of common baking soda in water is recommended by several good authorities and is an old-time remedy.

Try salt water, frequently applied.

The "Oxide of Zinc Ointment" has been found serviceable in many instances.

Liquor of arseniate of potash 3 drachms, liquor of potash 4 drachms, tincture of cardamom 5 ounces. Dose—Teaspoonful three times a day.—[*Mrs. Dr. Gleason.*

Sulphurous acid 4 drachms, carbolated vaseline 4 ounces; mix and anoint well after each washing—three or four times a day.

Carbolic acid 45 grains, glycerine 1 fluid drachm, alcohol 4 fluid ounces, bitter almond water 4 fluid ounces; use as a wash twice a day.

Benzoic acid 10 to 20 grains, distilled water 8 fluid ounces, use as a lotion; to be used in allaying the itching in very obstinate cases.

For hives in infants: Hydrate of chloral 1 drachm, pulverized camphor 1 drachm, pulverized gum acacia 1 drachm, simple ointment 30 drachms; rub the first three substances together well until liquefaction occurs and then mix in the ointment thoroughly; anoint the parts every evening. This combination calms the itching, allows the child to obtain sleep, and does away with the scratching which gives rise to such distressing effects in this disease. In the morning the skin should be anointed with a one per cent solution of carbolic acid in glycerite of starch.—[*Dr. King's Med. Presc.*

Shingles—This singular disease is characterized by an eruption

of vesicles, extending in a semi-circular form around one-half of the body. The eruption usually commences at or near the navel, sometimes at the lower part of the chest, and extends gradually around to the spine; or it breaks out first close to the spine and follows an opposite course, so as to appear in either case like half a sash about three or four inches in breadth. It very rarely surrounds the body entirely, but sometimes passes upwards across the shoulder, like a sword-belt. It is not a dangerous ailment, although always very troublesome, and often painful.

If there exists a tendency to the disease, as is the case with some persons, tonics (such as iron, quinine, and cod-liver oil) should be given.

To relieve the smarting and tingling sensation, wash the parts occasionally with equal proportions of laudanum and water.

Sprinkle oxide of zinc over the pimples or vesicles when they begin to break, for the purpose of absorbing the fluid exuded.

Glycerine and rose water will be found a good application.

Carbolated cosmoline will tend to allay the itching.

Anointing with "Benzoated Oxide of Zinc Ointment" will be found excellent; if there is much pain, opium may be added (five to ten grains to the ounce).

Powdered bismuth, lycopodium, or powdered cinchona bark, may be used with advantage.

Mop over the affected parts a mixture of hydrochlorate of cocaine 10 grains, fluid extract of belladonna 1 ounce, distilled witch hazel 3 ounces; follow with a fine powder dusted on, or bathe with collodion.

Dr. Beach recommends a wash made by infusing a tablespoonful ofcelandine in a sufficient quantity of whiskey, and then follow each time with an application of "Brown Ointment."

Or, rub the parts well with bruised parsley leaves.

A lotion of equal parts of sweet oil, vinegar and spirits of wine will allay the itching.

Prickly Heat, or Lichen—Use a two per cent solution of sulphate of copper with water, apply with a soft linen rag and allow it to dry on the skin; apply night and morning.

Listerine 1 part to water 10 parts is very serviceable; apply gently over the surface and dust with powdered starch or lycopodium. Good also for chaps.

Arseniate of soda 1 grain, water 8 ounces. Dose—Teaspoonful once or twice a day, and use an alkaline bath or wash.

Mix wheat bran with either cold or lukewarm water, and use it as a bath two or three times a day. Children who are covered with prickly heat in warm weather will be thus effectually relieved from this tormenting eruption. As soon as it begins to appear on the neck, face, or arms, commence using the bran-water on these parts repeatedly through the day, and it may probably spread no farther; if it does, the bran-water sponge bath will certainly cure it, if persisted in.

Glycerine 1 ounce, borax $\frac{1}{2}$ drachm, elder-flower water 7 ounces; and apply night and morning; also during the day if necessary.

Or, dust rye flour over the parts affected.

Bathe the parts affected with a weak solution of carbolic acid—say a drop of the acid to a tumbler of water; dry carefully and powder with either plain corn starch or equal parts of talcum and lycopodium; both are good. If the parts are kept dry they will soon heal, as the perspiration irritates the skin and causes the trouble.

Sometimes where the line of the collar ends, it causes this trouble or some other rash; wash it two or three times a day with a similar weak solution of carbolic acid and then paint it with a little of the following mixture: Ichthyol 12 grains, sulphuric ether 12 grains, diluted alcohol 15 grains.

Wens—Take the yolk of eggs, beat up, and add as much fine salt as will dissolve; apply this as a plaster to the wen and renew every ten hours. It will cure it without pain or inconvenience.

Or, make a strong solution of copperas and water; with a needle prick the wen in about a dozen places sufficient to cause it to bleed a little; then wet it thoroughly with the solution daily. Good also as a wash in erysipelas.

Gooseflesh—For girls who suffer with gooseflesh, bath-bags are a blessing—they will leave the skin as smooth as satin; use as a sponge or bath-brush.

Take alcohol baths every day until the skin becomes smooth again.

Or, try this: Tannin 2 grains, borax 1 grain, glycerine 20 grains, rose water 100 grains; rub the parts with soft pumice-stone and then bathe with the lotion.

Bed-Sores—When the skin is once broken, the skill of the physician is baffled.

Powdered alum 1 ounce, white of 8 eggs, spirits of camphor 4 ounces; thoroughly mix and apply.

Air-dried linen, unstarched and unironed, is softer than that which has been laundered.

Powdered bismuth is a good application.

To 1 tablespoonful of powdered alum add 1 teacupful of whiskey and bathe the sore parts several times a day.

Or, apply to the sores the white of an egg, well beaten, and mixed with spirits of wine.

Or, bathe the parts frequently with ninety-five per cent alcohol.

Boils—Ordinary boils are a local excitement, and is due, purely, to local infection. A rebellious hair, alive with infinitely small organisms, curls over and starts to grow into your skin; you scratch yourself and a stray germ or two wander into the wound—and in a few days you have a boil. First of all, there is a little red point with a feeling of heat; then comes a swelling and the

redness spreads; a few days more and there is a white speck in the center of it; again an interval, and the covering breaks, there is a discharge of pus or matter, the redness disappears, and, if you are lucky, it heals without a scar. A boil is simply a blood-brother to the pimple, the blackhead and the other horrid enemies of shining beauty. All of them are caused by the entry of unwelcome intruders into the pores and sweat-glands.

Paint it with a water extract of opium and repeat every two or three hours.

A roasted onion is good.

So is a mixture of honey and oatmeal.

Try a little saffron in a bread poultice.

Resin Cerate: Resin 4 ounces, beeswax 2 ounces, lard 8 ounces; melt and mix; use to draw to a head.

Paint it with colorless tincture of iodine.

Or, equal parts of soap and sugar, well mixed.

Try a paste of honey and figs.

Or, a teaspoonful of yeast in a glass of water, used twice a day.

If the top is touched with a drop of the solution of nitrate of mercury it will scatter it.

Make a poultice by roasting poke-root in ashes, and when soft pound it and unite with sufficient water for the purpose.

Or, take equal parts of slippery-elm bark and lobelia; add enough hot, weak lye to form a poultice.

A combination of 1 drachm of gum camphor and 2 ounces of chloroform applied hourly for a day will stop the formation of a boil.

Peach leaves, well bruised, are excellent to draw a boil to a head.

Try salicylic acid 2 drachms, soap plaster 2 ounces, lead plaster 1 ounce; apply frequently.

Dr. De Champeaux, naval surgeon, claims that successive crops of boils may be stopped by the internal use of iodide of iron.

Freely apply the tincture of lobelia.

Spirits of turpentine, if applied early, will stop their development.

The skin of a boiled egg, moistened and applied to a boil, will cause suppuration and relieve all soreness in a few hours.

Figs split open form excellent poultices for boils and small abscesses.

To dispel boils or risings, or to draw the soreness from bruises or other wounds, nothing is better than a good firm salve, made by melting together equal parts of beeswax, pine tar and tallow; spread on a cloth and apply as a plaster to any inflamed spot.

Carbuncles (the most malignant condition of a boil), can be quickly relieved with a tomato poultice, thickened with powdered crackers; never known to fail.

Warts—Warts are peculiar excrescences, and consist of elongations of the papilæ of the skin, covered with a hard, dry cuticle. From friction and exposure to the air their surface takes on a horny texture, and is rounded off into a small, button-like shape. Warts are sometimes formed on the very surface of the skin and are easily removed, but generally they are implanted in the true skin and very firmly held there. Nothing is known of the actual causes of warts.

Make a strong solution of common washing soda and water; apply to the wart twice a day and allow it to dry on.

Touch their tops with the tincture of poison oak.

Or, use the juice of the common houseleek.

Or, touch them frequently with nitric acid, or chloride of zinc, or a weak solution of sal-ammoniac in water.

Rub them daily with the juice of the common garden radish.

The juice of marigold flowers is said to be good.

Poultice daily with bruised purslane.

Apply elixir of vitriol on a bit of wool.

Equal parts of savine leaves and verdigris is good.

Apply frequently juice of the milkweed.

Apply a solution of chromic acid two or three times a day.

Or, rub twice a day with wet muriate of ammonia.

Lunar caustic will do it, but usually leaves a scar.

Crush the leaves of the common bean between the fingers and squeeze the juice on the wart often.

Or, rub them with powdered chalk and water.

Muriatic acid or glacial acetic acid applied two or three times a day will soon cause them to shrivel up, blacken and finally fall out.

Grease with clean lard; if the hands have several warts, grease all over and put on an old pair of mittens for a week at night.

Touching them frequently with naphtha will cause them to disappear.

Lemon juice will cause some warts to disappear; touch them two or three times daily with a camel's-hair brush soaked in the juice.

Touch them with castor oil; it sometimes removes them if persisted in and is a harmless remedy.

Paint them twice a week with bluestone, or carbolic acid, or powdered tannin, or powdered burnt alum.

Oil of cinnamon, applied twice a day for a week, will remove them; or rub a piece of rock salt on the wart until it bleeds in several places and in a few weeks it will disappear.

Moisten it with the saliva of the mouth, the first thing upon waking in the morning; this should be done by children and the wart will surely disappear in a short time.

The juice of unripe papaws will remove warts.

Try collodion 3 drachms, chrysorobin 40 grains; apply to the wart every day or two with a camel's-hair pencil.

King's Wart Eradicator: Common potash 3 ounces, gum arabic 2 drachms, extract of belladonna 1 drachm, water 2 ounces; dissolve separately the potash and gum in portions of the water, unite them, add the belladonna and work into a paste with wheat flour.

"The Only" Wart Remover: Collodion (by weight), salicylic acid and lactic acid, equal parts; apply twice a day with a small brush, but do not let the mixture touch the surrounding skin.

Bodine's Wart Banisher: Sublimed sulphur 2 drachms, glycerine 5 drachms, acetic acid 1 fluid drachm; apply repeatedly, continuing the treatment for several days; the warts will dry up and drop off.

Hepp's Wart Sure-Off: Flexible collodion 9 drachms, paraform 1 drachm; apply to the wart three times a day; after two or three days the skin peels off and the wart will come with it—so it is claimed on the label.

Mann's Rough on Warts: Collodion 60 grains, cannabis indica 10 grains, salicylic acid 30 grains; paint the wart at bedtime with a camel's-hair brush; in four or five days the wart will drop off.

Easy Wart Eradicator: Calomel 30 grains, boracic acid 15 grains, salicylic acid 10 grains; apply two or three times by mixing into a paste with a little water.

Thom's Wart Dispeller: Collodion 1 ounce, salicylic acid 1 drachm; mix in a bottle and apply to the wart twice a day with a tiny brush.

Dane's Wart Remedy: Collodion 4 drachms, salicylic acid 30 grains, ether 120 drops, alcohol 32 drops; keep well corked and apply to the wart daily.

Moles—Moles are a kind of tumor in some cases, and a horse-hair tied around its base tightly will soon remove it; tie it at first as tight as you can stand it, and every day draw it a little tighter; on about the third or fourth day the mole will fall off; a thread of waxed silk can be used also.

Small solid moles are most quickly removed by touching them with a piece of nitrate of silver dipped in water and rubbing it lightly on the affected spot; the surrounding skin may be protected with vaseline or wax; the caustic will not occasion pain, but turns the skin black where it touches and forms a scab that will come off, leaving the mole reduced in size; in two or three weeks apply the nitrate again, and repeat until the mole finally disappears.

Large, level moles can be removed by a paste of 1 part salicylic acid to 4 parts vaseline, spread on a piece of linen rag and bound on by a strip of court plaster; repeat every night until the mole whitens, when its skin is allowed to deaden and peel off; when the spot heals thoroughly the treatment is renewed until the mole is erased completely.

Coat the skin around the mole with a thick layer of some

good face cream, but do not touch the mole with the cream; then apply acetic acid, on the point of a toothpick, to the mole until it turns white; repeat this treatment every night until the mole finally disappears, which will be in about a week. You must take great care to put cold cream on the adjoining skin before using the acid.

Try aromatic vinegar on them; or milkweed juice may be used on them with good results.

To 1 part chemically pure carbolic acid add 2 parts of pure glycerine, touch the moles by means of a camel's-hair pencil, and be careful to not allow it touch the adjacent skin; five minutes after, bathe with soft water and apply a little vaseline; it may be necessary to repeat the operation.

BURNS AND SCALDS

There is no better remedy for burns or scalds than what is known as "Carron Oil"—made of equal parts of lime-water and oil (may be either olive, linseed or lard oil). Linen rags should be saturated with this and laid over the parts. A bottle of this preparation should be found in every home, ready for instant use in an emergency of this character.

Take creosote 1 part, lard or olive oil 15 parts; shake well and apply with a feather as often as the part becomes dry. I have used this for twenty years in my practice and have never found anything better in burns or scalds.—[*Dr. J. Rex in New Ideas*. Keep this in the house at all times for instant use.

Tincture of arnica 3 ounces, glycerine 5 ounces, white of eggs 4 ounces; mix the egg and glycerine in a bowl, then slowly add the arnica; apply twice a day on soft cloths.

Salicylic acid 1 drachm, olive oil 8 fluid ounces; apply to the burn, covering with linen or lint.

Make a solution of 1 or 2 grains of permanganate of potassium to 2 ounces of water, and bathe the spot frequently. Good also for frost-bite.

Dissolve tannin in ether to the consistency of syrup and apply to burns; it immediately soothes the intense pain. Keep it always in the house.

Try resin cerate and oil of turpentine of each equal parts; make an ointment; apply on lint or linen.—[*Kentish*.

Carbolic acid 30 drops, glycerine 1 ounce, white of 1 egg; mix well; apply to burns with linen or lint.—[*King*.

Use as a dressing for burns, absorbent cotton medicated with muriate of cocaine 2 drachms, distilled water 30 drachms, boric acid 2 drachms, glycerine 4 drachms, carbolic acid 1 drachm; dissolve the cocaine in the water and the boric acid in the glycerine; mix the two solutions and add the carbolic acid.

Dressing for burns: Acetate of lead 40 grains, subnitrate of bismuth 1 ounce, sweet oil 4 ounces.

Try equal parts of oatmeal flour and unsalted lard; mix well and spread on linen or lint, and renew every day or every other day, as the case may require.

When the legs or feet are scalded, they should be plunged as soon as possible into cold water, and kept immersed in it a considerable length of time before the stockings are removed; by this means blisters are often prevented.—[*Dr. Geo. M. Beard.*]

The application of flour to burns or scalds almost immediately relieves the pain, and will prevent blisters and scars.

A new remedy for burns is carbolic acid; it may be used in solution—ten to twenty grains to an ounce of water.

Make some soda water with baking soda, or washing soda, bathe the parts freely and then apply vaseline, sweet oil, or linseed oil.

If the burn is small, white lead ground in oil is an excellent application; the object to be gained is to protect the injured surface from contact with the air.

A salve: Equal parts of turpentine, sweet oil and beeswax; melt the oil and wax together, and when a little cool add the turpentine, and stir until cold, which keeps them evenly mixed; apply by spreading on thin cloth; linen is the best. Good also for chaps on lips or hands, sore or cracked nipples, or any other sore. If put on burns before blistering has taken place, they will not blister.

Peel several raw potatoes and beat them to a pulp in a bowl or other suitable vessel, add a teaspoonful of laudanum, and apply like a poultice; very efficacious in the cure of burns and scalds, and other inflamed parts.

Place the burnt surface in a vessel containing new milk; has a magical effect.

A bruised onion is good.

Try a saturated solution of picric acid; will stop the smarting instantly; the skin will not even blister—but will stain the skin and clothing.

Essence of peppermint gives the burnt, smarting flesh a cool feeling at once; for serious burns, it should be applied several times—if the skin is not broken.

Smear vaseline over the burnt surface from the time of the accident until it heals; if cloths must be applied it keeps them from sticking.

Keep the turpentine bottle handy, and in case of burns, cuts, or bruises, apply it freely; it heals quickly and prevents blood-poisoning.

Rub kerosene on the burnt spot quickly and it will give relief promptly; the soreness will soon leave.

Or, apply pure cider vinegar freely.

Rub lard thickly over a piece of cotton batting and bind over a burn; it excludes the air.

The white of an egg is cooling to a burn and often will afford relief; pour it on the spot fresh from the shell.

A free application of soft soap to a burn almost instantly relieves the pain.

A mixture of sweet oil and flour is often used.

A poultice made of grated apple with a little sweet oil is another; change the poultice every hour or oftener.

If there is danger of the burn leaving a scar, rub the new skin several times a day with pure sweet oil, or cocoanut oil; persist in this rubbing until the skin is soft and flexible.

A strong solution of Epsom salts in water will cure burns if applied immediately.

Alcohol is a good application to burns if applied immediately; keep it moist with the alcohol for an hour or two.

Lotion for scars from burns: Iodide of potassium 2 drachms, distilled water 1 pint, pure glycerine 1 ounce; dissolve the iodide in the water, then add the glycerine; apply with antiseptic gauze or soft linen. This is the "Glycerated Iodide Lotion."

Boracic acid cannot be excelled for burns or scalds; drop two ounces of the crystals into a glass quart-jar and fill with water; this makes a saturated solution; take a piece of gauze or cheese-cloth, saturate with the solution and lay on the burn; apply until very moist, with absorbent cotton, and then cover with oiled silk.

If the skin be broken, wet with a mixture of linseed oil and white of an egg, and sift on charcoal through thin muslin.

Have this lotion made up to use in case of accident: Boracic acid 2 drachms, glycerine 2 ounces, olive oil 2 ounces; apply constantly to the burned surface with absorbent cotton or bit of old linen.

Steep some fine-cut tobacco until it is a strong solution and mix with clean, fresh lard—enough to color the lard a dark brown; makes one of the best ointments for burns, scalds, sores, etc.

To draw fire from a burn, wet it with pulverized alum dissolved in water—the stronger the better.

Dissolve 75 grains of bismuth in 2 ounces of sweet oil, and shake well each time before using; the burn will not blister if applied at once.

Or, cover the burn with sweet oil, or castor oil, then apply a cake of dough made of flour and water; it will draw out the fire.

Or, over the top of either of the oils put on a heavy coating of dry flour and bind up quickly; this is recommended highly.

Red scars from burns or other causes on the face can be helped greatly by bathing them in warm water at bedtime and applying oxide of zinc ointment.

For a red mark, bathe the spot each day with the oil of sweet almonds and the redness will soon disappear.

Or, rubbing the scar gently with olive oil occasionally will lessen the red color.

As a salve for scars, take white vaseline 1 ounce and salicylic acid 10 grains.

Another salve for scars: Ointment of biniodide of mercury 1 drachm, vaseline 2 drachms; do not apply until the wound is thoroughly healed, extremely deep and serious injuries requiring a much longer time than superficial ones; if used too soon the salve might cause an ugly sore—they must be painless to the touch.

For burns and other sores: Burgundy pitch 4 ounces, bees-wax 2 ounces, fresh lard 2 ounces; mix and simmer together over a water bath and then stir until cold; apply on muslin to the affected parts.

Anoint with the compound tincture of benzoin; it forms an airtight coating wherever applied.

Every family should have a preparation of linseed oil, chalk and vinegar, about the consistency of thick paint, on hand for burns and scalds; no application can compare with it in the relief of pain and curative results.

In severe scalds, apply a poultice of slippery-elm bark (powdered) and milk, and, when the inflammation has left, apply a good salve; the slippery-elm poultice is a sovereign remedy and has effected wonderful cures.

In cases of scalding the mouth with hot liquid, gargle with a solution of borax, and then hold in the mouth a mucilage of slippery-elm bark, swallowing it slowly, if the throat has also been scalded; the bark may be mixed with a little olive oil.

To relieve a burn caused by steam, wet with thick sour milk, then dust on thickly, baking soda; will relieve instantly.

Put into turpentine all the gum camphor it will cut and keep in a glass-stoppered bottle to apply to burns; it will not only heal severe burns, but also will prevent a scar.

Try equal parts of linseed oil and cold boiled water; mix well and bottle; always shake well before applying.

Or, put on common table syrup and it will not even be necessary to bind it up.

CUTS, SPRAINS AND BRUISES

Do not neglect the smallest wound; even a pin scratch neglected may result in a sore that will be hard to cure. The best way to treat wounds is to bathe the part at once in a solution of warm water and a few drops of carbolic acid; if this is not at hand, a strong solution of boracic acid or listerine will serve as well; dust and germs must be excluded by wrapping the wound with soft linen or cotton cloth.

If vaseline or butter is applied to a bruise immediately, there will be no discoloration of the flesh.

The sore feeling of a bruise will be relieved to a great extent by bathing it with extract of witch hazel.

Saturate a rag with hot salt water and bind on a sprain or bruise.

In a bruise, if the skin is not broken, apply diluted tincture of arnica—1 part tincture to 4 parts cold water.

A good liniment for bruises, when the skin is not broken, is made with chloroform 1 ounce, ammonia water 1 ounce, alcohol 1 ounce, spirits of camphor 1 ounce, tincture of aconite 4 drachms, sweet spirits of nitre 3 ounces; keep well corked.

A paste made of fresh butter and pulverized resin spread on a bandage is good for a sprain.

When a finger has been severely pinched, plunge it into water as hot as it can be borne; this will very quickly lessen the pain and prevent throbbing.

If sweet oil is applied to the skin immediately after a blow or bruise it will keep it from turning blue or black.

Apply alcohol weakened with six times its quantity of water.

Or, bathe a bruise with a solution of chloride of ammonia.

For a sprain, take 1 part of blue clay and 2 parts of vinegar, make into a paste and bind on at night with a wet towel; one application is generally sufficient.

There is nothing better for a sprain than a strong decoction of wormwood and vinegar; a flannel cloth wrung out of this just as hot as the patient will bear, and bound on the affected part, will give immediate relief. ?

Peach leaves pounded to a pulp and applied to a bruise, or wound from a rusty nail, or simple cut, it is claimed, will give immediate relief.

For sprains of the muscles of the back, mix Canada turpentine 1 ounce, "Soap Liniment" 12 ounces, laudanum 2 drachms; rub well in before a hot fire.

Smoke the wound made by a rusty nail by holding it over burning wool and sugar; this will give immediate relief.

Or, in such an accident, apply fresh beets thoroughly pounded to the wound; mothers with barefoot boys should keep this in mind.

Raw egg applied to a cut will tend to heal the wound quickly, as well as allay the pain.

A dressing made of powdered borax moistened with cold water will prevent inflammation from a cut or wound.

To prevent the skin from discoloring after a blow or fall, take a little starch or arrowroot, and merely moisten it with cold water and lay it on the injured part.

Half a cupful of thick, sweet cream, boiled for ten or fifteen minutes, stirring constantly, allowed to become cold and beaten thoroughly to a creamy paste, makes an excellent ointment for cuts.

Nothing better can be applied to a severe cut or bruise than cold turpentine; it will give relief almost instantly.

A strong solution of salt and warm water applied by bandages will be found very useful for sprains and bruises when nothing better is at hand.

Equal parts of common pine pitch and mutton tallow melted together will cure cuts, chapped hands or bad sores.

Smartweed 2 ounces, mullein leaves 2 ounces, saltpetre 1 ounce, strong rum 1 quart; set aside for ten days, strain or filter, then bottle. Good for both man and beast, and a good article to keep in the house for emergencies.

Lotion for scar: Borax $\frac{1}{2}$ ounce, salicylic acid 12 grains, glycerine 3 drachms, rose water 6 ounces; apply cotton soaked in the solution and allow it to remain on some time; use for several weeks if need be.

CORNS, BUNIONS AND CHILBLAINS

Corns—Corns are the most troublesome of all the ills to which the feet are heir, and although there are many remedies (so-called) it is a matter of no small difficulty to uproot them altogether; and even if after some trouble we apparently achieve a victory over them, it is rarely permanent, and we have to go all over the work again. However, as we have only ourselves to thank for this nuisance, we cannot well lay the blame on anybody else, therefore we can only grin and bear it stoically.

Try an old French remedy, which some specialists say is infallible: Boil until it is quite tender the outer, tough skin of an onion and then apply it hot to the toe, binding it on with a bandage of old linen; if you apply one of these every night and every morning, the corn will detach itself in a few days.

Make an ointment of 1 drachm of salicylic acid and 1 ounce of simple cerate; bathe the foot in hot water for fifteen minutes, dry thoroughly and apply the ointment, covering with a bit of absorbent cotton. This resembles "Hanson's Corn Cure."

Try equal parts of sweet oil and iodine; shake well and apply with a feather every night until relieved.

For soft corns, saturate cotton with pure cider vinegar and bind on the corn; repeat several times a day.

The strongest acetic acid applied night and morning with a camel's-hair brush will cause a corn, whether hard or soft, to disappear in a week.

A correspondent writes: "Soak light wheat bread in cider vinegar and bind on the corn or bunion on going to bed; scrape the loosened corn each morning; three applications relieved me of a very troublesome corn." The remedy has the merit of cheapness.

Salicylic acid 2 drachms, collodion 1 ounce; paint over the corn once a day, and scrape away the superfluous growth at the end of three or four days.

Borate of sodium 1 drachm, extract of Indian hemp 1 scruple, collodion 1 ounce; paint over the corn once or twice a day and scrape away the growth as fast as it is softened.

A little glycerine and carbolic acid (about twice as much glycerine as acid) on a bit of absorbent cotton placed between the toes will relieve the soft corn; sometimes salicylic acid alone will have the same effect.

For a hard corn, soak the foot half an hour in warm water and remove as much of the corn as possible, being careful; bind over it a garlic macerated in vinegar; pursue this treatment for a week and at the end of that time the corn will disappear.

Remember a too large shoe will produce corns and bunions as well as the tight shoe.

Allow a small piece of potash to remain in the open air until it slakes, then thicken to a paste with pulverized gum arabic; pare the corn and apply the paste, leaving it on ten minutes; soak the corn in strong vinegar for a little while, then leave it alone and it will soon come out.

The tissue between the toes is very tender and delicate and the slightest irritation will produce soft corns, especially when the feet perspire freely.

A split raisin bound on a hard corn will very often cure it; the first application may produce soreness, but if treatment is persisted in for a reasonable length of time a cure will likely be effected.

Apply morning and evening to the corn a drop of the solution of perchloride of iron.

Or, soak them in strong alum water as hot as can be borne—a piece of alum the size of a walnut in a bowl of water.

Make a salve of 2 tablespoonfuls of lard, 1 teaspoonful of ammonia and 1 teaspoonful of camphor; bind this on the corn and wear it all the time, renewing the salve often, and you will soon be relieved.

Liquid terchloride of antimony 2 drachms, tincture of iodine 2 drachms, protiodide of iron 7 grains; mix, and preserve it in a well-stoppered bottle; apply with care; two to four applications will effect a cure.

Corn Vegetable Caustic: Take dried ivy leaves and grind them to a very fine powder; moisten the corn with strong cider vinegar and sprinkle a pinch of the powder on it and bind up with a rag; try it some night on your soft corn.

Henderson's Corn Cure: Tincture of iodine 1 ounce, iodide of iron 24 grains, chloride of antimony 1 ounce; pare the corn and apply with a camel's-hair brush. Great claims are made for this remedy.

Petty's Corn Cure: Salicylic acid 60 grains, collodion 1 ounce, solid extract of cannabis indica 20 grains; apply with a camel's-hair brush every night for several days, and after soaking in warm water the corn can be removed in the form of a scab.

Denby's Corn Cure: White diachylon 2 ounces, yellow resin 2 ounces, finely powdered verdigris 1 ounce; melt the first two together over a water bath or a slow fire and then add the latter, spread it on strong linen paper or leather and apply a small piece to the corn.

Green Liquid Corn Cure: Salicylic acid 11 drachms, solid extract of Indian hemp 2 drachms, alcohol 10 drachms, and enough flexible collodion to make in all 100 drachms; dissolve the hemp extract in the alcohol, and the acid in about 50 drachms of the collodion; then add the former solution to the latter, and finally add enough of the collodion to make the full quantity of 100 drachms.

Irish Corn Cure: Sal-ammoniac 1 ounce, alcohol 4 ounces; moisten the corn with this lotion morning and evening.

Dentler's Corn Cure: Salicylic acid 5 drachms, balsam of fir $2\frac{1}{2}$ drachms, resin 3 drachms; melt the resin, add the balsam and then stir in the acid as it cools; spread on a light piece of muslin.

The "Army Corn Cure": Salicylic acid 1 drachm, collodion 2 ounces, lactic acid 1 drachm; apply as usual.

Old London Corn Cure: Salicylic acid 1 drachm, balsam of peru 1 drachm, resin 1 drachm, turpentine $1\frac{1}{2}$ drachms, lard 2 drachms, beeswax 12 drachms; melt the resin over a slow fire, then add the beeswax, lard and balsam in the order given; remove from the fire and add the turpentine, and while cooling add the acid.

German Corn Cure: Salicylic acid 1 drachm, alcohol (95%) 1 drachm, ether (60 deg.) 4 drachms, collodion 5 drachms; apply

every evening for two weeks; at the end of that time let the foot be soaked in hot water, when the corn can be removed.

Dr. Carey's Wart, Corn and Bunion Cure: Alcohol $3\frac{1}{2}$ fluid ounces, sulphuric ether $12\frac{1}{2}$ fluid ounces, gun-cotton (pyroxylin) 200 grains, salicylic acid 2 av. ounces, chloride of zinc 1 av. ounce; mix the alcohol and ether, and in the mixture dissolve the gun-cotton; this will require a day or two to dissolve thoroughly; then add the acid; and, when this is dissolved, add the zinc; keep it tightly stoppered and away from a light or fire.

Golden Corn Cerate: Yellow wax 5 ounces, sulphate of zinc 678 grains, oxide of copper 220 grains, verdigris 220 grains, borax 220 grains, red chalk 678 grains; melt the wax over a water bath and while over the fire stir in, as given in rotation, until all are united; then stir thoroughly so that every ingredient will be proportionately distributed and mixed; apply as other ointments.

Bunions—A very unpleasant thing indeed, to which many people are subject, are those unsightly, painful objects known as bunions. They are the result of pressure on the principal joints of the large toe, and are nothing more nor less than partially dislocated joints, and should be treated with great care.

With bunions, as with corns, soaking in very hot water always gives relief to a certain extent, and it is needless to add that all pressure, such as tight shoes, should be avoided.

Boil an onion (which must be boiled perfectly whole so that none of the strength escapes) and when quite soft mash into a piece of soft cloth to form a poultice, and apply for some time to the affected spot. This will certainly ease the pain, as it is a well-tried remedy for drawing out any inflammation.

Painting a bunion with plain iodine is considered beneficial and well worth giving a trial.

A plaster made of equal parts of tallow and soap will draw the soreness from a bunion, and reduce the swelling.

Soak the bunion night and morning; wipe dry and rub with a mixture of a tablespoonful of spirits of turpentine and the same of lard.

Or, try turpentine and sweet oil—equal parts; soak the part in warm water each time, and dry well, before making the application.

Get a bunion plaster of the druggist and “nick” with the scissors around the inside circle or opening; moisten the plaster and put it over the bunion; put a small wedge of felt between the big toe and the second, which will throw the foot more into shape; it will greatly relieve the pressure on the joint, as it makes it impossible for the leather to come in contact with the sore joint or irritate it.

Take five cents' worth of saltpetre and put it into a bottle with sufficient olive oil to nearly dissolve it; shake it and sponge the bunion with it night and morning.

When the bunion becomes very painful, and when a sort of "gathering" seems to be forming, nothing is so effective as a hot poultice of ground flaxseed; spread a little carbolated vaseline over the bunion before putting on the poultice; if the pain is very intense, add a few drops of laudanum to the vaseline.

If inflamed, soak in hot diluted arnica water, or wear a linseed-meal poultice, until subdued, then dress with tincture of iodine and collodion, and take, homeopathically, iodide of potash three times a day.

A poultice of flaxseed and slippery-elm bark, equal parts, bound on at night, will take away the inflammation.

In severe cases, a lotion of glycerine 2 drachms, carbolic acid 2 drachms and tincture of iodine 2 drachms, applied every night for a week or two, will almost always effect a complete cure.

Bay rum or vaseline, either one, makes a soothing application to bunions if they are very painful.

Or, take a small onion, halve it, and rub the joint with a fresh half each night and morning.

Equal parts of glycerine and pure carbolic acid make a good, strong application for bunions but must be kept out of the reach of children, as the last is a burning poison.

Harley's Bunion Relief: Iodine 24 grains, ointment of spermaceti 1 ounce; rub a little gently on the bunion two or three times daily.

Lazard's Bunion Lotion: Germicide, tincture of iodine and aconite equal parts; paint the inflamed joint several times a day and relieve the pressure from the spot.

Chilblains, Frostbites—For unbroken chilblains, rubbing with damp salt is one of the best remedies known.

Cut an onion in halves, put table salt on the cut side and rub gently over the afflicted part; do this a few times and the cure will be effected.

Dr. Beard suggests this: Sulphate of zinc 3 drachms, water 1 pint; mix, label "poison," and sponge the affected part night and morning.

Or, try this: Alum 1 drachm, distilled vinegar 4 fluid ounces, alcohol 4 fluid ounces; shake until the alum is all dissolved and use as a lotion several times a day.

At the first indication of chilblains, as revealed by the itching, rub them with warm spirits of rosemary, adding to the same a little spirits of turpentine.

Lint soaked in camphorated spirits, opodeldoc, or camphor liniment, may be applied with good effect.

Try bathing the feet every night in warm water in which potatoes have been boiled.

Lemon juice rubbed on the inflamed part will stop the itching.

When the chilblain has broken, a little warm vinegar and tinc-

ture of myrrh is excellent to bathe the wound with and keep it clean.

Try this: Pure carbolic acid 10 grains, extract of opium 30 grains, pure olive oil 1 ounce; mix, label "poison," and apply occasionally.

Soaking the chilblain in brine has been recommended.

Or, soak in good bran-water to which several teaspoonfuls of muriate of ammonia has been added.

Or, put dry salt in the stockings and wear it until the dark color and itching disappear, which will be in a few days, even in severe cases.

Cover the parts affected with dry wood-ashes, warm or cold, but the former is best; from the feet, ears and fingers it takes the frost quickly without ache or pain and without the parts peeling afterward.

Try this: Sub-borate of soda 1 drachm, rose ointment 4 drachms; apply carefully every night before going to bed.

Repeated rubbing with oil of spike will cure the most severe cases of chilblain.

Apply a mixture of turpentine and salt, rubbing the affected parts well with the salt thus saturated. Well recommended.

Take enough hot water to cover the feet, and dissolve it in a heaping teaspoonful of baking soda and two of common table salt; keep the feet immersed for ten minutes and repeat for three nights.

If the skin is cracked, take some fresh lard, put in enough wheat flour to make a salve that will run when the heat of the foot warms it, spread on a cloth and wrap the feet up at night; repeat until healed.

Add 1 ounce of hydrochloric acid to 7 ounces of rain water, and bathe the parts two or three times a day in the mixture. Splendid to relieve the itching.

Before the chilblain is quite formed—indeed, when it is in the preliminary stage—it can frequently be stopped going further by rubbing the part well with some distilled spirit, such as gin or rum, whilst sitting in front of a good fire.

Paint the parts with an equal quantity of tincture of iodine and a solution of ammonia morning and evening.

Rub kerosene on the chilled parts, repeating the application for several nights.

If broken, take collodion 4 fluid ounces, turpentine 6 fluid ounces, castor oil 1 fluid ounce; rub on once or twice a day.

Or, dissolve 1 ounce of sulphate of zinc in a pint of water and apply several times a day.

Or, take muriate of ammonia 2 ounces, cider vinegar 1 pint, alcohol 1 pint; apply frequently.

Strong spirits of ammonia applied to a chilblain will remove all stiffness and soreness after several applications.

Boil for fifteen minutes three ounces of bruised nut-galls in

a pint of water, strain, and you have "Berthold's Chilblain Wash"; apply two or three times a day. Tannic acid dissolved in glycerine has a very similar effect, and in a neater form for application.

Beat up well together the yolk of eggs 1 ounce, spirits of turpentine 1 ounce, raw linseed oil 6 ounces; apply two or three times a day.

Take mutton suet and resin equal parts; melt together and when nearly cold add the yolk of an egg to every two ounces of mixture, and beat thoroughly together. It will relieve all pain immediately.

Applying lime-water to the affected spot several times a day is good; use it strong and hot.

Or, bathe the parts with tincture of myrrh diluted with water.

Or, bandage loosely with a rag saturated with crude petroleum; rather loud-smelling but very effective.

An excellent poultice for chilblains is made by scraping the pulp out of a baked turnip and mixing it with one tablespoonful of salad oil, one of mustard and one of grated horseradish; place the mixture on a piece of soft rag and apply.

LePage's Chilblain Cure: Tincture of cantharides 8 ounces, spirits of camphor 5 ounces, soap liniment 4 ounces; anoint every evening.

Cady's Chilblain Cure: Colorless tincture of iodine 3 drachms, tincture of capsicum 3 drachms; anoint every evening or oftener.

Sevara's Chilblain Cure: Soap liniment 2 drachms, oil of cajeput 1 drachm; rub on the afflicted parts occasionally.

Peterson's Rough on Chilblains: Iodine 4 drachms, ether 30 drachms, collodion 100 drachms; mix and apply with a camel's-hair pencil. Dr. Keppes, surgeon of the Austrian North Pole expedition, obtained most excellent results from it—so say the circulars.

Dr. Bonni's Chilblain Balm: Olive oil 10 fluid ounces, Venice turpentine 2 fluid ounces, beeswax 1 ounce, balsam of peru 2½ drachms, camphor 9 grains; boil the first three together for a while, strain, and while still warm add the other two, stirring constantly while doing so; apply several times a day.

Foy's Chilblain Lotion: A solution of 16 parts of water to 1 of muriatic acid, and used as a wash; apply occasionally.

Gassicourt's Chilblain Lotion: Oil of turpentine 4 drachms, sulphuric acid 1 drachm, olive oil 10 drachms; apply night and morning.

Saunder's Chilblain Embrocation: Equal parts of ordinary crude petroleum and alcohol, and the scent given by the oil of sassafras.

Radius' Chilblain Ointment: Lard, suet, white wax and oil of bay-berries of each 1 ounce; melt together over a water bath, and when nearly cold stir in 1 drachm of powdered camphor.

Dean's Chilblain Ointment: Salol 30 grains, olive oil 30

grains, lime-water 5 drachms, laudanum 4 drachms; rub on twice a day after having soaked the parts affected in an infusion of walnut leaves.—[*Dr. Dean in Med. Rev.*]

Langell's Chilblain Ointment: Lard 18 drachms, oil of sweet almonds 7 drachms, white wax 3 drachms, powdered camphor 3 drachms; melt the first three together over a water bath, mix thoroughly, and then stir in the camphor when nearly cold; anoint the affected parts occasionally until relieved.

Dade's Chilblain Quick Relief: Essential oil of camphor 7 drachms, eucalyptus oil 1 drachm; mix and paint every evening.

St. Patrick's Chilblain Relief: Aqua ammonia, spirits of turpentine, oil of peppermint and olive oil equal parts; mix, and anoint the parts several times a day; keep away from fire or lamp; also keep well corked when not using.

Shaker's Chilblain Relief: Balsam of peru 1 ounce, alcohol 8 ounces, hydrochloric acid 2 drachms, tincture of benzoin 1 ounce; mix the first two thoroughly and then add the others; rub on the parts several times a day; keep in a blue or black bottle and label "for external use only."

Dr. Bartholow's Chilblain Prescription: Carbolic acid 1 drachm, tincture of iodine 2 drachms, tannic acid 2 drachms, simple cerate 4 ounces; make into an ointment and rub on gently two or three times a day.

Dr. Alabone's Prescription for Unbroken Chilblains: One egg well beaten; diluted acetic acid 8 ounces, spirits of camphor 1 ounce, oil of turpentine 4 drachms, tincture of arnica 1 drachm; the mixture must be well shaken, and, after the affected parts have been soaked in hot water and dried, the lotion must be gently rubbed in and allowed to dry before the fire. One application is usually sufficient to effect a cure.

Dr. Castro's Chilblain Prescription: Belladonna liniment 2 drachms, aconite liniment 1 drachm, carbolic acid 6 drops, flexible collodion to make in all 1 ounce; mix and apply at night with a camel's-hair pencil.

Father John's Chilblain Liniment: Mix together rectified oil of turpentine 1 fluid ounce, sulphuric acid 15 drops, olive oil 2 ounces. This is said to be a very good preparation, rubbed on the parts affected twice a day. "Gassicourt's Chilblain Lotion" contains the same ingredients but the proportions vary largely.

Globe Chilblain Remedy: Equal parts of chloroform and balsam of copaiba; anoint the parts at least once a day. The proprietors of this remedy make great claims for it.

Sure Relief Chilblain Remedy: Tincture of lobelia 1 ounce, sugar of lead 60 grains; apply repeatedly, but directions on bottle say not to apply if the skin is broken—from the fact of containing sugar of lead, of course, which would be dangerous.

Boeck's Dermaform Chilblain Remedy: Resorcinol 1 drachm, ichthyol 1 drachm, tannic acid 1 drachm, water 5 drachms; paint

it on every evening, shaking the bottle well each time before using; when it is applied to the skin the mixture is transformed into a dry layer of varnish in a few minutes, under which influence the skin shrivels up and the chilblain rapidly disappears.

Boroglycerine Cream for Chilblains: Glycerine 3 ounces, boracic acid 1 drachm, lanoline 5 drachms, vaseline $8\frac{3}{4}$ ounces; dissolve the acid in the glycerine and then add the others to the solution. Good also for cracked skin, etc.

Benzoglycerine Pomade for Chilblains: Lanoline 6 drachms, glycerine 1 drachm, tincture of benzoin 1 drachm; mix the first two together with a gentle heat and then stir in the latter and make into sticks; rub on once or twice a day.

PLASTERS

Plasters are made of gums, fats, wax, resins, oils and other substances; they are spread on muslin, linen or soft leather, and are usually more or less hard, but are warmed by the heat of the body, so that they adhere firmly. They support weak and neuralgic parts, relieve the pains of rheumatism and neuralgia, and act as mild counter-irritants.

Anodyne Plaster—Lead plaster 2 drachms; melt, and add, gradually, powdered opium 30 grains, powdered camphor 30 grains. Used in lumbago, backache, painful joints, etc.

Belladonna Plaster—Extract of belladonna 2 drachms, glycerine 1 teaspoonful; mix, and spread on the surface of an adhesive plaster. Excellent for neuralgia, lame back, chest pains, etc.

Galbanum Plaster—Litharge or lead plaster 2 pounds, galbanum 8 ounces, sliced yellow wax 4 ounces; melt the galbanum over a water bath and add the others, stirring constantly, then strain while hot. For indolent swellings, etc.

Iron Plaster—Subcarbonate of iron 3 ounces, lead plaster 2 ounces, Burgundy pitch 8 ounces; add the iron to the lead plaster and pitch previously melted over a water bath, and stir constantly while cooling.

Lead Plaster—Finely powdered semi-vitrified oxide of lead 5 pounds, olive oil 1 gallon, water 2 pints; boil them together over a gentle fire, stirring constantly, until the oil and oxide unite into a plaster; if it becomes too thick before the process ends, add just a little boiling water.

Mercurial Plaster—Gum ammoniac 720 parts, mercury 180 parts, olive oil 8 parts, sulphur 1 part, diluted acetic acid 1,000 parts, lead plaster enough to make the right consistency, preparing the plaster in the usual way with heat. Splendid in indolent swellings, rheumatism, etc.

Mustard Plaster—Always mix the ground mustard (either white or black) with the white of eggs instead of water, and it

will not blister; or mix the mustard with molasses; spread it on cloth—always laying a piece of gauze between it and the body; it will have the desired effect and not blister. It is not the intention to raise a blister with a mustard plaster—it is too severe; the aim is just to heat the skin very actively, to relieve some irritation of an internal organ. Mustard is the nearest approach to a universal cure-all; few pains will not give way before a mustard plaster, and a wide range of internal inflammations from colds and other causes may be stopped by its timely application; it is the first and best resort in threatened pneumonia, congestion of the lungs, or determined colds on the chest. But after the use of it be sure and rub that part with camphorated oil to avoid the possibility of taking cold.

A quick mustard plaster: Trim the crust from a thin slice of light bread, then sprinkle it very thickly with ground mustard; spread a very thin cloth over the mustard, and dampen with vinegar or water. Your plaster is all ready and nothing to clean up after making it and much better than the old sticky batter plaster.—[*J. C. Murray, M. D., in Nat. Drug.*]

One of our best medical writers says: "The plaster should be placed so that it will draw the blood from the seat of pain. If the throat is inflamed, or if there is quinsy, tonsilitis or similar ailment, the mustard should not be placed on the affected parts, where it would aggravate the pain, but on the thighs, the legs or the abdomen. It will draw the blood away from the inflamed throat and bring quick relief."

Neuralgia Plaster—Burgundy pitch 1 ounce, powdered opium 30 grains, powdered camphor 30 grains; mix with lead plaster, as much as may be necessary.

Opium Plaster—Burgundy pitch 3 ounces, lead plaster 1 pound, powdered opium 2 ounces, boiling water 4 fluid ounces; melt the plaster and pitch together over a water bath; mix the opium with the water and add to the pitch mixture, and boil all slowly to the proper consistency.

Poor Man's Plaster—Beeswax 1 ounce, tar 3 ounces, resin 3 ounces; melt together and spread on muslin.

Soap Plaster—Sliced soap 8 ounces, lead plaster 3 pounds; mix the soap with the melted lead plaster and boil for a short time.

Splendid Adhesive Plaster—White rosin 3 ounces, beeswax 4 ounces, mutton tallow 4 ounces; melt and mix well; allow it to partially cool; then add to it spirits of turpentine 1 ounce, British oil 1 ounce, Haarlem oil $\frac{1}{2}$ bottle, balsam of fir 1 ounce; work like shoemakers' wax.

Universal Plaster—Finely powdered red lead 8 ounces, olive oil 16 ounces; boil them over a water bath to a blackish-brown color, then add yellow wax 4 ounces; and after this has been melted and well mixed, add camphor 2 drachms (previously

dissolved in a little olive oil). This is also known as the "Nuremberg Plaster."

To Keep Plaster Soft—By using syrup or molasses for mustard plasters, they will keep soft and pliable, and not become hard and dry as when mixed with water; a thin paper, or fine cloth, should come between the body and plaster; the strength of the plaster of all kinds is varied by the addition of more or less flour.

POULTICES

Alum Poultice—Finely powdered alum 1 av. drachm, white of 2 eggs; shake them together until thoroughly coagulated. Used in broken chilblains, chaps, sore nipples, chronic inflammation of the eyes, etc.; applied on linen and covered with fine muslin.

Bread and Milk Poultice—Take stale bread in crumbs, pour boiling milk over it and boil until soft, stirring it well; then take it from the fire and gradually stir in a little glycerine or sweet oil, so as to render the poultice pliable when applied.

Carrot Poultice—Bruised carrots 8 ounces, wheat flour 4 drachms, fresh butter 2 drachms; boil the carrots soft with just enough water to cover, mix all, and add more hot water if necessary to form a poultice. Makes a valuable application in ulcerated sores and swellings, scrofulous sores of an irritable kind, and many other inveterate ulcers.

Charcoal Poultice—Take enough of the ordinary bread and milk poultice and stir into it as much finely powdered charcoal as it will allow. Used on old and foul ulcers that have offensive odor, and on gangrenous sores.

Flaxseed Poultice—Equal parts of ground flaxseed and barley meal, and water enough to form a poultice. Used in painful inflammations of all kinds.

Hemlock Poultice—Make a poultice of 9 ounces of linseed meal and 1 pint of boiling water; spread on its surface 2 ounces of extract of hemlock softened with a little hot water. A quieting and soothing application for irritable and painful cancerous, scrofulous and syphilitic sores, tumors, etc.

Hop Poultice—Over a handful of fresh hops pour just enough boiling water to cover, using a vessel with a tight-fitting lid so as to retain the vapor, and allow it to stand fifteen minutes, press out any surplus juice and apply on a piece of muslin like other poultices. Used for all painful inflammations, especially earache, faceache, local pains, etc.

Linseed Poultice—Powdered linseed 4 ounces; hot water $\frac{1}{2}$ pint; gradually sprinkle the powder into the water, with a spoon, until the proper consistency is reached. This poultice is good and convenient. Linseed is only another name for flaxseed, but this is made somewhat different from the "Flaxseed Poultice."

Indian Turnip Poultice—Use the tops and roots of Indian turnip, if green; if dry, the roots only; simmer in water, and add powdered slippery-elm bark sufficient to form a poultice. Used in the treatment of scrofula with the best effect.

Mush Poultice—Prepare the mush from corn meal just the same as if it were to be eaten. It is the warmest of all poultices, well suited to reach deep inflammations, as pneumonia, pleurisy, dysentery, etc.

Mustard Poultice—Powdered mustard 2 ounces, enough vinegar to make of right consistency. This may be too strong for very young children or persons having very thin, delicate skin; in such cases, from one-third to one-half of flour or corn meal may be added, and instead of vinegar, water may be used. It is seldom that it can be borne longer than half an hour. See "Mustard Plaster."

Onion Poultice—Partially roast two or three large onions, mash them and spread on muslin. Specially useful for spasmodic croup and catarrhal affections in children. Fits may sometimes be prevented by applying onion poultices to the arms and legs of children; will also extract the heat and relieve the pain of a burn or scald.

Potato Poultice—Boil the common Irish potato, mash soft, and stir in enough finely pulverized slippery-elm bark. Used with great success in inflammation of the eyes (ophthalmia) of an acute character when other means have failed.

Salt Poultice—Mix gradually 9 ounces of flaxseed meal with 12 fluid ounces of boiling water; then add 4 fluid ounces of strong salt water. Used in foul ulcers, etc.

Soap Poultice—Dissolve 1 ounce of scraped or sliced white soap in 4 ounces of boiling water, and mix with sufficient bread to form a poultice. Used in burns and scalds.

Slippery-elm Poultice—Take any quantity of powdered slippery-elm bark and moisten it with hot water or warm milk and water. Used in irritable sores, when a soothing effect is desired. If a more quieting effect is desired, three or four drachms of laudanum may be added. Also to a flaxseed or bread-and-milk poultice.

Vinegar Poultice—Soak bread in vinegar to the consistency of a poultice and apply cold. In bruises, blackened eyes, etc.

Wild Indigo Poultice—Take sufficient amount of the fresh root of wild indigo (a native plant growing everywhere, in dry, sandy soil) to make a poultice of the desired size, pound to a pulp, and pour over it sufficient boiling water to make of the right consistency; apply as hot as can be borne. For ulcers, etc.

Yeast Poultice—Wheat flour 1 pound, yeast $\frac{1}{2}$ pint. For foul-swelling and gangrenous ulcers, etc.

MISCELLANEOUS FORMULAS

Tonics

Walker's Vinegar Bitters—Powdered golden seal 1 ounce, powdered cape aloes 4 drachms, water 16 ounces; bottle and tie the cork down tightly; will be ready for use in ten days.—[*King's Form.*]

Restorative Wine Bitters—Solomon's seal 1 ounce, comfrey 1 ounce, spikenard 1 ounce, chamomile 4 drachms, colombo 4 drachms, gentian 4 drachms—all fluid extracts; and sherry wine 4 pints. Dose—One to four tablespoonfuls.—[*Tilden's Form.*]

Dr. Thompson's Bitters—Balmomy bark 1 part, poplar bark 5 parts; boil in water sufficient to strain 5 gallons of the water from 2 pounds of the two barks mixed, to which add sugar 5 pounds, nerve powder 5 ounces; and while still hot, strain, and add Malaga wine 7 gallons, tincture of meadow-fern 2 quarts. Dose—From a half to a wineglassful twice a day. Corrects the flow of bile and creates an appetite by giving tone to the digestive powers.

Wahoo Bitters—Wahoo bark 6 drachms, gentian root 6 drachms, tamarack bark 6 drachms, mayapple root 6 drachms, buckthorn bark 6 drachms, canella bark 6 drachms, colombo root 12 drachms, dogwood bark 3 drachms, golden seal 3 drachms, wild ginger root 4 drachms, angelica root 6 drachms, Virginia snake-root 12 drachms, prickly ash berries 2 drachms—all fluid extracts; and enough simple elixir to make 37½ ounces in all. Dose—Half to whole wineglassful before each meal, or three times a day; persons much weakened may take the smaller dose, children in proportion. Useful in dyspepsia, indigestion, torpid liver, constipation, skin diseases, bilious headache, jaundice, passive dropsy, and a tonic for females suffering from menstrual irregularities.

French Brandy Mixture—Cognac brandy 4 ounces, cinnamon water 4 ounces, sugar 4 drachms, yolks of 2 eggs, oil of cinnamon 2 drops. Dose—From one to three tablespoonfuls, repeated every two hours when necessary. An excellent remedy in the debility consequent upon protracted disease, when the patient appears to be sinking from exhaustion.—[*Dr. Geo. M. Beard.*]

Tonic Aromatic Mixture—Digest in a closed vessel for three days, stirring frequently, powdered pale cinchona bark 1 ounce, powdered colombo root 3 drachms, bruised cloves 2 drachms, iron filings 4 drachms, peppermint water 16 fluid ounces; strain, and add compound tincture of cardamom 3 fluid ounces, tincture of orange peel 3 fluid drachms. Dose—From one to two tablespoonfuls or more three or four times a day.

Kennedy's Catnip Mixture—Fluid extract of catnip 6 ounces, fluid extract of valerian 4 ounces, fluid extract of scullcap 4 ounces. Dose—From one to three teaspoonfuls. Excellent in nervous headache, restlessness, an "unstrung" condition, and other nervous conditions.

Dr. Benton's Tonic Mixture—Bruised peruvian bark 3 ounces, bruised orange peel 2 ounces, brandy or proof spirits 2 pints; infuse ten days, shaking the bottle every day; pour off the liquor, and strain. Dose—Teaspoonful in a wineglassful of water twice a day. In languidness, depressed spirits, etc.

Grape Champagne Tonic—Gather the grapes when they are just turning or about half ripe; pound them in a tub, and to every quart of pounded fruit add two quarts of water; allow it to stand in the mash-tub for fourteen days, then draw it off, and to every gallon of liquid add three pounds of loaf sugar; when the sugar is dissolved, cask it, and, after it has done working, bung it down; in six months it should be bottled and the corks tied down or wired. This produces a domestic champagne in no way inferior to the best imported article and equal in all medicinal qualities where such an article is indicated.

Wine of Beef, Iron and Coca—Extract of beef 256 grains, tincture of citro-chloride of iron 256 drops, hot water 1 fluid ounce, simple syrup 1 fluid ounce, fluid extract of coca 10½ fluid drachms, enough sherry wine to make 16 ounces in all; triturate the beef with the water until dissolved, add 10 fluid ounces of the wine, then the tincture, syrup, fluid extract, and the remainder of the water in the order given, and filter.—[*Pharm. Gaz.*]

Carter's Blackberry Cordial—Fluid extract of blackberry root 30 parts, phosphate of soda 4 parts, tincture of cardamom compound 15 parts, fluid extract of ginger 6 parts, aromatic elixir 50 parts, simple syrup 15 parts. Dose—Adult, one dessert to one tablespoonful, diluted at will; children in proportion; repeat after each evacuation, but not oftener than once an hour. Useful in diarrhœa, dysentery, summer complaint, cholera infantum, and generally for relaxed conditions of the bowels.

Cherry Cordial—Wild cherry bark 2 ounces, poplar bark 2 ounces, sumach bark 2 ounces, peach kernels 2 ounces, good brandy 1 pint, refined sugar 1 pound. Dose—From one to two teaspoonfuls. One of the best and most efficient remedies ever got up for bowel complaints requiring a tonic and astringent medicine.—[*Dr. Davis, Charleston, Ill.*]

Another Cherry Cordial—Cherry juice 10 pints, diluted alcohol 3 pints, simple syrup 24 fluid ounces, water 24 fluid ounces, cut blackberry root 4 av. ounces, dried peaches 2 av. ounces; mix, macerate for seven days, agitating occasionally, and filter; if it is desired to give it a dark color, add a little caramel.—[*New Era.*]

Rhubarb Cordial—Pulverized rhubarb 2 teaspoonfuls, soda 2 teaspoonfuls, white sugar 2 teacupfuls, water 1 teacupful; mix all

together in a tin dish, place over the fire and heat, stirring in the meantime, until the sugar is dissolved; remove, and add one-half teaspoonful of essence of peppermint. Dose—Teaspoonful three or four times a day for children, a tablespoonful for adults. This is an excellent remedy for disordered stomach and bowels.

Compound Elixir of Celery—Fluid extract of celery root 1 fluid ounce, fluid extract of coca 1 fluid ounce, fluid extract of black haw 1 fluid ounce, alcohol 2 fluid ounces, spirits of orange 2 fluid drachms, sugar 4 troy ounces, enough water to make 16 fluid ounces in all; add the spirits of orange to the alcohol, and to this add 1 fluid ounce of water; mix this solution gradually with the celery, and then add the other fluid extracts; pour this mixture into the syrup obtained by dissolving the sugar in the remainder of the water, and mix thoroughly; allow it to stand two days and filter, adding water, if necessary, to make up 16 ounces.—[*Amer. Jour. of Med.*]

King's Iron Tonic—Citrate of iron 30 grains, sulphate of iron 20 grains, sulphate of quinine 2 scruples, simple syrup 4 ounces, oil of sassafras 10 drops. Dose—One to three teaspoonfuls three or four times a day.

Peach Cider—Water $2\frac{3}{4}$ gallons, sugar 8 pounds, medium size peaches 20; dissolve the sugar in the water by gentle heat; take the pits from the peaches and crush the kernels of two of the pits and add these to the pulp of all the peaches, then mix with the syrup; keep in a warm place three or four days, stirring frequently; then close the keg or jug and set in a cool place over night, when draw off and bottle.—[*Bot. Gaz.*]

Blackberry Brandy—Fresh blackberry juice 6 pints, freshly powdered cinnamon 4 av. ounces, freshly powdered cloves 1 av. ounce, freshly powdered nutmeg 1 av. ounce, diluted alcohol 4 pints, simple syrup 6 pints; mix the spices with the alcohol, macerate for several days, agitating occasionally, add the others and filter. The diluted alcohol may be increased, or may be replaced with good brandy or whiskey, and the syrup may be decreased, even down to two pints.—[*Amer. Drug. Jour.*]

Peach Brandy—Mash 2 pounds of nice ripe peaches (the stones also), macerate them for twenty-four hours in 1 gallon of 50% alcohol, then press out the juice and filter; add 9 ounces of syrup, and give it the necessary dark yellow color with burnt sugar.

Unfermented Grape Juice—Grapes 25 pounds, sugar 1 pound, water 1 quart; mix and bring to a boil; when cool squeeze through a jelly bag; mix the juice with 2 pounds of sugar, boil fifteen minutes, skim and bottle while hot in bottles just removed from hot water; seal with wax.

Root Beer—To 5 gallons of boiling water add $1\frac{1}{2}$ gallons of molasses; allow it to stand three hours; then add $\frac{1}{4}$ pound each of sassafras root bark, sarsaparilla root and wintergreen herb,

all bruised or powdered; now add $\frac{1}{2}$ pint of fresh yeast and water enough to make 15 gallons in all; then allow it to ferment for twelve hours and bottle.

Rhubarb Wine—Boil the rhubarb in a double boiler or water bath, adding no water, after you have washed and cut it into bits; press out all the juice and measure it; add as much water as you have juice, sweeten to taste and add a cup of brandy to each gallon of the liquid; bottle and seal.

Dandelion Wine—Steep dandelion flowers in boiling water for five minutes and strain off the liquid, pressing the flowers hard; then sweeten to taste and add brandy in proportion of a pint to every four gallons of liquid; put into uncorked bottles and keep in a cool place until fermentation ceases; then draw off and re-bottle.

Dandelion Cordial—Pour 20 quarts of boiling water over 10 quarts of dandelion blossoms; slice 3 lemons in it, removing seeds and boil twenty minutes; strain, add 3 pounds of granulated sugar to every gallon and bottle; keep filling up the bottles every day with sweetened water as the liquid ferments; when it is done working, strain through fine cloth, add 1 pint of brandy and bottle again.

Blood Purifiers

Nature's Blood Purifier—Take (all in a crude state) yellow dock 2 ounces, sarsaparilla 2 ounces, prickly ash 2 ounces, wintergreen 2 ounces, blue flag 2 ounces, bittersweet 2 ounces; steep all together in 3 quarts of water until reduced to 1 quart and strain; then add good London Dock or Holland gin 1 pint, extract of dandelion 1 ounce, flowers of sulphur 1 ounce, and sweeten with loaf sugar to taste. Dose—Tablespoonful three times a day before meals. If the bowels be costive, add 1 ounce of pulverized rhubarb to the mixture.

Ayer's Sarsaparilla—Sarsaparilla root 60 grains, yellow-dock root 48 grains, licorice root 48 grains, red cinchona bark 36 grains, buckthorn bark 24 grains, stillingia root 24 grains, burdock root 18 grains, senna leaves 12 grains, black cohosh root 12 grains, poke-root 6 grains, iodide of potassium 24 grains, glycerine, C. P., 21 drachms, oils of sassafras and wintergreen enough to flavor, and sufficient water to make 6 fluid ounces in all.—[*Manufacturers' Revised Formula*.]

Cady's Sarsaparilla Compound—Fluid extract of sarsaparilla 12 ounces, fluid extract of licorice 2 ounces, fluid extract of sassafras 12 drachms, fluid extract of mezereum 4 drachms. Dose—Tablespoonful three times a day.

Perry's Sarsaparilla Compound—Turkey-corn root 8 ounces, stillingia root 8 ounces, sarsaparilla root 8 ounces, yellow-dock root 8 ounces, sassafras bark from the root 4 ounces, simple syrup 2 quarts, diluted alcohol 1 gallon, iodide of potassium 6 ounces;

powder all the roots and bark and percolate them with the alcohol; add the syrup, then the potassium and sufficient water to make $1\frac{1}{2}$ gallons of the percolate. Dose—Teaspoonful three or four times a day.

Red Clover Compound—Red clover 4 drachms, prickly ash bark 1 drachm, poke-root 4 drachms, stillingia 4 drachms, burdock 4 drachms, blue flag 2 drachms—all fluid extracts. Dose—Teaspoonful three times a day.

Stillingia Compound—Stillingia 4 ounces, turkey-corn 4 ounces, pipsissewa 2 ounces, blue flag 2 ounces, elder flowers 2 ounces, coriander seed 1 ounce, prickly ash berries 1 ounce—all fluid extracts. Dose—Teaspoonful three times a day.

Dr. Crane's Blood Searcher—Iodide of potassium 2 drachms, fluid extract of stillingia 1 ounce, fluid extract of poke-root 2 ounces, simple syrup 1 ounce. Dose—Teaspoonful three times a day. Makes great claims as a remedy in chronic skin diseases.

Seneca Blood Searcher—Fluid extract of sarsaparilla 1 ounce, fluid extract of stillingia 1 ounce, fluid extract of yellow-dock 1 ounce, podophyllin 3 grains, glycerine 2 ounces, iodide of potassium 90 grains, simple syrup 4 ounces, alcohol 2 ounces, water 4 ounces. Dose—Teaspoonful to a dessertspoonful three times a day. One of the best preparations of the kind and any druggist can put it up.—[*Amer. Drug. Jour.*]

Buckeye Blood Searcher—Cream of tartar 1 ounce, carbonate of potassium 5 drachms, fluid extract of podophyllum 2 fluid drachms, fluid extract of sarsaparilla compound 3 fluid ounces, tincture of cardamom compound 4 fluid drachms, glycerine 4 fluid ounces, enough water to make 16 fluid ounces in all. Dose—Teaspoonful three times a day.

Dr. Carter's Blood Searcher—Fluid extract of sarsaparilla 3 ounces, fluid extract of yellow-dock 3 ounces, fluid extract of stillingia 2 drachms, sugar 1 ounce, iodide of potassium 90 grains, alcohol 3 ounces. Dose—One or two teaspoonfuls three times a day.

"New Idea" Blood Searcher—Ethyl-sulphate of sodium 2 av. ounces, syrup of sarsaparilla compound 8 fluid ounces, fluid extract of dandelion 4 fluid ounces, syrup of orange peel 3 fluid ounces, enough water to make 32 fluid ounces. Dose—Teaspoonful three times a day.

Red Clover Blood Cleanser—Fluid extract of red clover 8 parts, spirits of wine 11 parts, iodide of potassium $1\frac{1}{2}$ parts, simple syrup 36 parts, water 15 parts. Dose—Tablespoonful three times a day.

"S. S. S." Blood Purifier—Old man's graybeard root 1 peck, prickly ash root 4 ounces, white sumach root 2 ounces, sarsaparilla root $2\frac{1}{2}$ ounces, sulphate of copper 2 drachms; powder all the roots as fine as possible, and put them into an iron pot with 2 gallons of water; cover the pot with pine tops and boil slowly

until the liquid assumes the color of black ink; strain while warm and add the copper. Dose—Wineglassful four times a day.—[*New Era Anal.*]

Creek Indian Blood Purifier—Fluid extract of smilax sarsaparilla 2 ounces, fluid extract of stillingia 2 ounces, fluid extract of yellow-dock root 2 ounces, fluid extract of poke-root 1 ounce, fluid extract of prickly ash berries 1 ounce. Dose—Teaspoonful three times a day.

Sunlight Blood Purifier—Fluid extract of sarsaparilla 24 parts, fluid extract of senna 2 parts, fluid extract of licorice 2 parts, iodide of potassium 1 part, simple syrup 100 parts; oils of anise, sassafras and wintergreen of each 5 drops. Dose—Teaspoonful three times a day, half an hour before or after eating, whichever way agrees best.—[*Stearns.*]

"Old Reliable" Blood Purifier—Tincture of cayenne 1 ounce, tincture of lobelia 8 ounces, tincture of myrrh 8 ounces, dark molasses 2 pounds. Dose—Teaspoonful two or three times a day.

"Everybody's" Blood Purifier—Compound tincture of peruvian bark 6 ounces, fluid extract of sarsaparilla 12 ounces, extract of conium 4 drachms, iodate of potassium 4 drachms, iodine 30 grains; dissolve the conium and powders in a little of the fluid, mix well and then add the balance, and shake. Dose—Two teaspoonfuls three times a day before meals, and shake well each time before using.

Liniments

Bodman's Family Liniment—Spirits of hartshorn 5 ounces, spirits of camphor 2 ounces, tincture of capsicum 5 ounces, alcohol 30 ounces, water 10 ounces. For stiff joints, etc. Bathe the parts well, rubbing it in for ten minutes.

Burrows' Family Liniment—Gum myrrh 2 drachms, gum camphor 2 drachms, gum opium 2 drachms, cayenne pepper 2 drachms, best New England rum 1 pint; mix and allow to stand three or four days.

Cheap Family Liniment—White of 1 egg, vinegar 1 tablespoonful, turpentine 1 tablespoonful; bathe the sprain as soon as possible with it after the accident.

Dick's Family Liniment—Oil of wormwood 1 ounce, oil of origanum 1 ounce, oil of sweet marjoram 1 ounce, alcohol 1 pint.

Diemer's Family Liniment—Alcohol 2 ounces, tincture of camphor 4 drachms, chloroform 4 drachms, oil of cloves 2 drachms, oil of sassafras 4 drachms, ammonia water 4 drachms.

Dr. Harter's Family Liniment—Pure white castile soap (shaved into ribbons) 2 ounces, alcohol 1 quart, gum camphor 1 ounce, oil of rosemary 4 drachms, spirits of hartshorn 2 ounces; first dissolve the soap in the alcohol with a gentle heat, then add the others.

Dr. Rice's Family Liniment—Crude oleic acid 6 drachms,

crude petroleum 5 drachms, ammonia water 25 drachms, naphtha 5 drachms; mix and add enough water to make the whole measure 50 drachms.

Dr. Thomas' Family Liniment—Tincture of capsicum 1 ounce, oil of origanum 4 drachms, oil of sassafras 4 drachms, oil of pennyroyal 4 drachms, oil of hemlock 4 drachms, alcohol 1 quart.

Dr. Walter's Family Liniment—White castile soap (shaved into ribbons) 2 pounds, gum camphor 5 ounces, oil of origanum 2 ounces, oil of rosemary 1 ounce, rectified spirits 1 gallon, liquor of ammonia 11 ounces; dissolve all but the last in a corked bottle by the heat of a water bottle, and when quite cool, strain and add the ammonia; put it into a bottle, cork close, and tie over it a piece of bladder. It will be solid and transparent when cold. To be warmed when used.

Father John's Family Liniment—British oil 2 ounces, oil of tar 2 ounces, tincture of arnica 2 ounces, sulphuric acid 4 drachms, alcohol 2 ounces; mix in a pitcher all but the sulphuric acid, and when thoroughly mixed add that slowly. Very useful as a liniment where there is inflammation.

Kenton's Family Liniment—Coal oil 1 pint, gum camphor 1 ounce, cayenne pepper 4 drachms. Particularly recommended for burns and rheumatism by the proprietor.

National Family Liniment—Gum camphor 4 ounces, kerosene oil 1 pint, sweet oil 2 gills; put the gum into the kerosene and shake occasionally until dissolved (and it will take several days), then add the sweet oil and shake again.

Home Liniment—Cotton seed oil 8 ounces, ammonia water 3 ounces, turpentine 3 ounces, chloroform 1 ounce, oil of wintergreen 4 drachms; mix the first two thoroughly together and then add the others in the order given. Makes an excellent article.

Buckeye Home Liniment—Oil of turpentine 4 ounces, boiled linseed oil 4 ounces, oil of amber 2 ounces, seneca oil 4 drachms, crude petroleum 12 drachms, oil of juniper 2 drachms; bottle and shake well.

General Household Liniment—Soap liniment 3 ounces, ammonia water 4 drachms, laudanum 4 drachms. An excellent liniment for general purposes; especially useful in rheumatism and painful affections.

H. H. H. Liniment—Alcohol 32 drachms, stronger water of ammonia 8 drachms, castile soap (shaved fine) 4 drachms, camphor 4 drachms, oil of sassafras 2 drachms, oil of hemlock 2 drachms, oil of origanum 4 drachms—all by weight. Use in neuralgia, sciatica, bruises, scalds, etc. Bathe the parts freely.

Dr. Blake's Household Liniment—Distilled extract of witch hazel $2\frac{3}{4}$ pints, eggs 12, acetic acid 12 ounces, oil of origanum 10 ounces, oil of spike 10 ounces, oil of sassafras 10 ounces, menthol 15 grains; mix the menthol and the oils and add them to

enough turpentine to make 3 pints; then stir in the others and shake well until thoroughly mixed.

Ketchell's Household Liniment—Kerosene oil 2 ounces, tincture of opium 4 drachms, tincture of arnica 5 drachms, tincture of stramonium 6 drachms, spirits of camphor 5 drachms, oil of organum 4 drachms, chloroform 3 drachms.

Tilton's Household Liniment—Cayenne pepper 12 drachms, common table salt 4 drachms, camphor 4 drachms, spirits of wine 2 ounces, spirits of turpentine 4 ounces, vinegar 4 ounces; mix all but the last, put into a bottle and shake occasionally for a day, then add the vinegar. Use for sponging the body in cases of pain, debility, gout, rheumatism, sore throat, numbness, neuralgia, etc.

Wolverine Household Liniment—Alcohol 1 quart, saltpetre 1 ounce, gum camphor 1 ounce, common table salt 4 drachms. A magical remedy for wounds.

Aconite Liniment—Tincture of aconite 6 drachms, chloroform 4 drachms, spirits of camphor 12 drachms, soap liniment enough to make in all 6 ounces—all fluid measure.

Ammonia Liniment—Ammonia water (17.5% strength) 2 fluid ounces, linseed oil enough to make 6 ounces. Application for sore throat, rheumatism, lung troubles, etc. Should be covered after it is applied.

Arnica Liniment—Tincture of arnica 1 ounce, sweet oil 1 pint. Good for stiff joints, wounds, rheumatism, and all injuries, as well as swellings, inflammations, etc.

Anodyne Liniment—Tincture of belladonna 2 drachms, soap liniment 3 ounces. A good liniment for pains in the muscles, accompanied by spasms.

Army Liniment—Liquor ammonia, oil of turpentine and olive oil equal parts. A cheap and useful household liniment.

Belladonna Liniment—Extract of belladonna 4 drachms, glycerine 1 ounce, soap liniment (druggists' standard formula) 6 ounces. For neuralgia, rheumatism, painful swellings, etc.

Compound Chloroform Liniment—Chloroform 1 ounce, ether 1 ounce, spirits of camphor 1 ounce, laudanum 1 ounce, tincture of capsicum 4 drachms. For rheumatism or rheumatic pains, sciatica, neuralgia, etc.

Another Compound Chloroform Liniment—Chloroform 1 ounce, tincture of aconite 4 drachms, water of ammonia 4 drachms, linseed oil enough to make 6 ounces—all fluid measure. Used as the foregoing.

Cajeput Liniment—Oil of cajeput 1 ounce, camphor 4 drachms, soap liniment (druggists') 7 ounces.

Cayenne and Lobelia Liniment—Into a quart bottle put 2 drachms pulverized cayenne pepper and 2 ounces of lobelia herb; fill up the bottle with good whiskey; allow to stand two weeks, shaking it occasionally. Splendid for cuts, bruises, sprains, etc.,

and will heal cork cuts in horses' feet without stopping them from work.

Camphor Liniment—Gum camphor 1 ounce, olive oil 4 ounces. For chronic rheumatism, nervous pains, bruises, sprains, indolent swellings, etc., as a local application, well rubbed in.

Compound Origanum Liniment—Camphor gum 1 ounce, oil of origanum 3 fluid ounces, laudanum 3 fluid drachms, olive oil 5 fluid ounces, ammonia water 5 fluid ounces. Useful in rheumatism and all painful affections.

Green Soap Liniment—Tincture of green soap 2 ounces, spirits of camphor 2 ounces, oil of sassafras 30 drops, alcohol 2 ounces, water enough to make 6 ounces—all fluid measure.

Official Soap Liniment—Castile soap 4 ounces, oil of rosemary 5 drachms, camphor 2 ounces, alcohol 24 ounces. Used in rheumatism, swellings, bruises, local pains, etc. This is the standard formula used by druggists and can be had at almost all drug stores already prepared.

Hemlock Liniment—Oil of hemlock 1 ounce, gum camphor 4 drachms, opium 4 drachms, spirits of wine 1 quart. In inflammatory rheumatism, gout, quinsy, inflamed breast, white swelling, etc.

Opium Liniment—Laudanum 2 ounces, official soap liniment 6 ounces. An application that is soothing for rheumatism, sprains, and other painful affections.

Petroleum Liniment—Crude coal oil 2 ounces, camphor 1 ounce, alcohol 1 drachm.

Turpentine Liniment—Water of ammonia (17.5% strength) 1 ounce, oil of turpentine 1 ounce, soap liniment enough to make 6 ounces—all fluid measure. In rheumatism, chronic pains, lumbago, sciatica, etc.

Volatile Liniment—Water of ammonia and olive oil or lard oil in equal parts. Use to rub into the skin for a sore throat, etc. Keep well corked.

Instantaneous Liniment—Sulphuric ether 2 ounces, ammonia water 2 ounces, alcohol 2 ounces. Gives instant relief. Keep well corked.

Liniment for Painful Joints—Soap liniment 6 fluid ounces, tincture of aconite 10 fluid ounces; rub on the joints at bedtime.

Nerve and Bone Liniment—Spirits of turpentine 2 ounces, brandy 1 pint, neat'sfoot oil 8 ounces; simmer over a slow fire until mixed; bottle when cool.

Allen's Nerve and Bone Liniment—Spirits of turpentine 4 pints, linseed oil 6 pints, oil of origanum 1 ounce, oil of rosemary 1 ounce, oil of amber 1 ounce, oil of hemlock 1 ounce; color with anchusa root to imitate.

Dr. Bridges' Nerve and Bone Liniment—Ammonia water 1 ounce, pure olive oil 2 ounces, camphorated oil 1 ounce, oil of rosemary 4 drachms; mix and shake the mixture well.

Dr. Davies' "Little Wonder" Liniment—Chloroform 1 ounce, gum camphor 2 ounces, coal oil 1 quart; shake until gum is dissolved. Specially recommended by the proprietor for soreness of the chest and lungs. Apply heated as hot as can be borne, on a flannel cloth.

Bennett's "Big Wonder" Liniment—Alcohol 1 quart, tincture of capsicum 1 ounce, oil of sassafras 4 drachms, oil of origanum 4 drachms, oil of pennyroyal 4 drachms, oil of hemlock 4 drachms.

Gaines' Wonderful Liniment—Oil of spike 2 ounces, oil of origanum 2 ounces, oil of hemlock 2 ounces, oil of wormwood 2 ounces, sweet oil 4 ounces, spirits of ammonia 2 ounces, gum camphor 2 ounces, spirits of turpentine 2 ounces, alcohol (95%) 1 quart; mix well together and bottle tight. This formula was contributed to the Amer. Drug. Jour. by Dr. John Gaines, who wrote: "An unequalled horse liniment, and by omitting the turpentine it will make one of the best liniments ever made for human ailments, such as rheumatism, neuralgia, sprains, bruises, etc."

Good Samaritan Liniment—Tincture of myrrh 4 ounces, gum camphor 2 ounces, oil of origanum 2 ounces, oil of sassafras 1 ounce, oil of hemlock 1 ounce, spirits of turpentine 1 ounce, tincture of capsicum 1 ounce, tincture of opium 1 ounce, chloroform 12 drachms, oil of wintergreen 4 drachms, alcohol 2 quarts; bottle and shake well. In rheumatism, sprains, bruises, neuralgia, headache, burns, spinal affections, etc.

Great London Liniment—Chloroform 1 ounce, olive oil 1 ounce, ammonia water 1 ounce, acetate of morphia 10 grains. Very good.

Mexican Mustang Liniment—Petroleum 2 ounces, ammonia water 1 ounce, brandy 1 drachm—all fluid measure.

Great Egyptian Liniment—White castile soap 1 ounce, carbonate of ammonia 1 ounce, camphor 1 ounce, tincture of opium 4 drachms, oil of origanum 2 drachms, oil of turpentine 2 ounces, enough water to make 4 pints: dissolve the soap and ammonia in 3 pints of the water, then add the other ingredients previously well mixed, adding a small portion at a time and shaking thoroughly until a thick creamy mixture is formed. An excellent general liniment. Often called "Cream of Camphor."

Mrs. Miller's Star Liniment—Oil of stillingia 1 fluid ounce, oil of cajeput 4 fluid ounces, oil of lobelia 2 fluid drachms, alcohol 2 fluid ounces. A powerful stimulant and relaxant. Used in chronic asthma, croup, fits, rheumatism, sprains, and in spasmodic ailments generally. It is an excellent preparation, for the formula is the same as the official "Stillingia Liniment."

"Fluid Lightning" Liniment—Alcohol 4 ounces, glycerine 1 ounce, solid extract of aconite 1 grain, oil of mustard 1 drachm. Use a small amount, rubbing in well for fifteen minutes.

"Golden Wonder" Liniment—Ether 1 ounce, chloroform 12 drachms, gum camphor 1 ounce, oil of peppermint 20 drops, tincture of capsicum 8 ounces, enough alcohol to make 24 ounces in all.

"Blue Grass" Liniment—Oil of turpentine 2 ounces, oil of thyme 2 ounces, oil of spike 2 ounces, linseed oil 2 ounces.

"London" Liniment—Chloroform 1 ounce, olive oil 1 ounce, ammonia water 1 ounce, acetate of morphia 10 grains. Use as other liniments.

Hungarian Liniment—Powdered cantharides 1 drachm, sliced garlic 1 drachm, gum camphor 4 drachms, bruised mustard seed 4 drachms, black pepper 4 drachms, strong cider vinegar 6 fluid ounces, rectified spirits 12 fluid ounces; macerate for a week and then filter. A strong counter-irritant.

Bareel's Indian Liniment—Tincture of capsicum 4 drachms, oil of turpentine 6 drachms, linseed oil 2 ounces, lime-water enough to make 6 fluid ounces—all liquid measure.

Detray's Dixie Liniment—Balsam of fir 2 ounces, sulphuric ether 2 ounces, oil of sassafras 2 ounces, oil of wintergreen 2 ounces, oil of thyme 2 ounces, oil of amber 2 ounces, oil of cedar 2 ounces, oil of origanum 2 ounces, oil of peppermint 2 ounces, oil of hemlock 4 ounces, alcohol 5 gallons—all fluid measure.

Tobias' Venetian Liniment—Spirits of ammonia 5 drachms, camphor 2 drachms, tincture of capsicum 5 drachms, alcohol 34 drachms, water 10 drachms.

Canada Liniment—Oil of turpentine 1 ounce, water of ammonia 1 ounce, olive oil 1 ounce, oil of peppermint 4 drachms.

Brodie's Liniment—Sulphuric acid 1 drachm, olive oil 1 ounce, oil of turpentine 1 ounce; add the acid gradually to the olive oil, stirring it in a mortar; when cool, add the turpentine and mix well.

St. John Long's Liniment—Oil of turpentine 6 ounces, acetic acid 1 ounce, white and yolk of 1 egg, oil of lemon 12 drops, rose water 5 ounces; mix thoroughly.

St. John's Magnetic Liniment—Crude petroleum $7\frac{1}{2}$ ounces, spirits of turpentine $7\frac{1}{2}$ ounces, linseed oil $3\frac{2}{3}$ ounces, tincture of capsicum $3\frac{2}{3}$ ounces, oil of origanum 9 drachms, oil of hemlock 9 drachms, oil of juniper 9 drachms, oil of amber 9 drachms, laudanum 9 drachms, spirits of ammonia 4 drachms, gum camphor 2 drachms; mix thoroughly and shake well each time before using.

Cook's Electro-Magnetic Liniment—Best alcohol 1 gallon, oil of amber 8 ounces, gum camphor 8 ounces, castile soap (shaved fine) 2 ounces, beef-gall 4 ounces, stronger ammonia water 12 ounces; mix, and shake occasionally for twelve hours. Used in sprains, rubbed on throat and chest in colds, sore throat, asthma, etc.

Ponsold's Magic Liniment—Alcohol 1 quart, gum camphor 4 ounces, turpentine 2 ounces, oil of origanum 2 ounces, sweet oil 1 ounce. Good for both man and beast, but for human ills double the quantity of alcohol should be used.

Dr. Thompson's Magic Liniment—Spirits of hartshorn 1 ounce, olive oil 12 drachms, cayenne pepper 2 drachms, laudanum 2 drachms, common table salt 4 drachms, brandy 1 ounce; shake well in a bottle. Rub the affected parts with it, and afterwards apply a rag saturated with it. It is a magic remedy for pains and swellings.

Dr. Raymond's Liniment—Alcohol 1 quart, ammonia water 4 ounces, oil of origanum 2 ounces, gum camphor 2 ounces, opium 2 ounces, gum myrrh 2 ounces, common table salt 2 tablespoonfuls; mix, and shake occasionally for a week. Specially recommended by the proprietor for old sores.

Dr. Border's Liniment—Carbolic acid 1 drachm, camphor 1 drachm, oil of origanum 2 drachms, distilled oil of tar 2 drachms, saxoline oil 12 drachms, oil of turpentine 12 drachms, petrolatum 2 ounces. In sprains, bruises, etc.

Dr. Jones' Liniment—Alcohol 1 quart, oil of origanum 2 ounces, oil of wormwood 1 ounce, gum camphor 2 ounces, spirits of turpentine 2 ounces, tincture of cantharides 1 ounce.

Dr. Ely's Liniment—Gum camphor 2 ounces, tincture of opium 8 ounces, spirits of chloroform 8 ounces, tincture of arnica flowers 1 gallon.

Dr. Huxley's Liniment—Tincture of arnica 9 ounces, oil of camphor 1 ounce, tincture of opium 2 ounces; mix and rub in well.

Gebhardt's Liniment—British oil 2 ounces, oil of spike 2 ounces, tanner's oil 1 pint, spirits of turpentine 4 drachms, sulphuric acid 4 drachms; mix the first two, then add the tanner's oil and turpentine; put it into an iron or copper kettle placed over a slow fire, and carefully stir in the acid; when the whole becomes quite hot, remove from the fire, cool and bottle. The label says it is a splendid liniment for all kinds of sprains and bruises, and for horses and cattle it cannot be surpassed.

Dr. John White's Liniment—Chloride of ammonia 2 drachms, soft soap 11 drachms, oil of turpentine 40 drachms, distilled water 100 drachms; mix the first three thoroughly and then stir in the water slowly.

Dr. Brown's Liniment—Take 4 ounces each of alcohol, gum camphor, boiled linseed oil, oil of origanum, ammonia water, tincture of capsicum and spirits of turpentine; mix them well by shaking.

Dr. Kilner's Liniment—Take (all by fluid measure) spirits of turpentine 1 ounce, oil of sassafras 1 ounce, oil of origanum 2 ounces, oil of wintergreen 4 drachms, tincture of capsicum 1 ounce, tincture of guaiacum 1 ounce, tincture of opium 1 ounce, tincture of myrrh 4 ounces, chloroform 12 drachms, alcohol 4 pints; mix, and add 2 troy ounces of gum camphor previously dissolved in a portion of the alcohol.

Dr. Kuhn's Liniment—Spirits of turpentine 3 drachms, olive oil 6 drachms, concentrated ammonia 2 drachms, spirits of cam-

phor 4 drachms, oil of sassafras 3 drachms. For all kinds of pains, etc.

Swan's Eclectic Liniment—Oil of stillingia 1 ounce, oil of cajeput 4 drachms, oil of lobelia 2 drachms, alcohol 2 ounces—all fluid measure.

Dr. Marseilles' Universal Liniment—Iodine 2 drachms, camphor 1 drachm, oil of rosemary 4 drachms, oil of lavender 4 drachms, ammonia water 2 ounces, alcohol 31 ounces. In swelling of the glands, inflammatory rheumatism, sprains, chilblains, lameness, etc.

Gray's Universal Liniment—Whites of 3 eggs, vinegar 1 pint, turpentine 1 pint, camphor 2 fluid ounces; beat the whites of the eggs well and stir in the vinegar; mix thoroughly and then stir in the other two ingredients. Claimed to be good for both man and beast.

Carey's Universal Liniment—Pure carbolic acid 1 drachm, ammonia water 120 drachms, camphor 8 drachms, fluid extract of capsicum 8 drachms, oil of turpentine 80 drachms, sweet oil 120 drachms, fluid extract of aconite root 2 drachms, oil of origanum 2 drachms—all parts by weight. For sprains, chilblains, bruises, etc. Also for animals in ringbone, sprains, galls, poll-evil, callouses, swellings, wounds, etc.

King's Famous Liniment—Turpentine 2 ounces, ammonia 2 ounces, spirits of camphor 2 ounces; shake well and cork tightly. For sprains and bruises—better than arnica is the claim.

Perkins' Green Oil Liniment—Oil of sesame 1 pint, oil of peppermint 12 drachms, oil of wintergreen 2 ounces, oil of spearmint 10 drops, oil of sassafras 3 ounces, oil of cassia 20 drops, oil of eucalyptus 10 drops, menthol 30 grains, chlorophyll 30 grains; mix all the oils except the first; in a fourth of the sesame oil dissolve the last item by the aid of heat; when dissolved remove from the fire and dissolve in it the menthol; then mix all together, and filter if necessary.

Ointments

Ammonia Ointment—Ammonia water 17 ounces, fresh lard 32 ounces, oil of sweet almonds 2 ounces. For bites of insects, frost-bites, bruises, etc.

Bittersweet Ointment—Bark of bittersweet root 2 ounces; cover with spirits of wine and add 8 ounces of unsalted butter; simmer and strain. Excellent for swelled breasts, tumors, ulcers, etc. It may be applied twice a day if desired.

Brown Ointment—Extract of henbane 2 drachms, red precipitate 5 drachms, yellow wax 1 ounce, powdered zinc (pure) $2\frac{1}{2}$ drachms, fresh unsalted butter 6 ounces, gum camphor 3 drachms; dissolve the camphor in a little olive oil; then melt all the others together over a water bath, remove from the fire and when nearly cold stir in the camphor solution and again stir all well together.

Excellent for ringworms, ulcers, sore lips, itch, all skin eruptions, etc.

Green Ointment—Honey 8 ounces, beeswax 8 ounces, spirits of turpentine 1 ounce, oil of wintergreen 2 ounces, laudanum 2 ounces, finely pulverized verdigris 2 drachms, lard 24 ounces; melt and mix all together over a water bath.

Boracic Ointment—Boracic acid 1 ounce, saxoline or lanoline 11 ounces, white wax 2 ounces; melt the wax and stir in the others. For sores, apply on a soft cloth or leather, otherwise on the skin direct. A popular ointment, much used in Germany for healing wounds, sores, burns, cuts, old ulcers, tetter, ringworm, scabs, itch, etc.

Bismuth Ointment—Oxide of bismuth 1 drachm, oleic acid 1 ounce, white wax 3 drachms, vaseline 1 ounce, oil of rose 5 drops; make into an ointment. Very soothing.

Bromide of Potassium Ointment—Bromide of potassium 30 grains, lard 1 ounce. Used in tumors, glandular swellings, etc.

Camphor Ointment—Finely powdered camphor 1 ounce, fresh lard 2 ounces. To ripen indolent tumors.

Carbolic Acid Ointment—Carbolic acid 10 parts, petrolatum 90 parts. Stimulant to ulcers, sore throat, gangrene, endometritis, whitlows, etc.

Cantharides Ointment—Cantharides 1 ounce, white wax 1 ounce, olive oil 6 fluid ounces. A blistering ointment.

Citrine Ointment—Mercury 7 parts, nitric acid 17 parts, lard oil 76 parts. In all skin diseases, such as psoriasis, pruritus, eczema, pimples, body-lice, glandular enlargements, etc.

Cod-liver Oil Ointment—Melt together white wax 1 part, spermaceti 1 part, pale cod-liver oil 7 parts. Used for scrofulous sores, ophthalmia, rheumatism, stiff joints, ringworm, etc. Scented with oil of nutmeg and balsam of peru it forms an excellent pomade for strengthening and restoring the hair.

Compound Iodine Ointment—Finely powdered iodide of potassium 1 drachm, lard 2 ounces, iodine (dissolved in 1 fluid drachm of rectified spirits) 30 grains; after thoroughly mixing, add a few grains of the hyposulphite of soda to turn it snow white.

Compound Belladonna Ointment—Fresh extract of belladonna 1 drachm, compound iodine ointment (given above) 7 drachms. For dispersing glandular tumors, etc.

Goa Ointment—Chrysophanic acid 1 ounce, lard 20 ounces. Used in itch, tetter, ringworm, etc.

Ichthyol Ointment—Ichthyol 1 drachm, lard 50 drachms. In eczema, psoriasis, glandular enlargements, chronic hives, and similar skin diseases.

Iodide of Arsenic Ointment—Iodide of arsenic 3 grains, lard 1 ounce. In itch, ringworm, and other skin diseases.

Iodine Ointment—Iodine 1 drachm, iodide of potassium 2 drachms, alcohol 2 drachms, lard 4 ounces; rub the first three

well together and then add the lard, previously melted. Used for enlarged glands, tumors, scrofulous sores, etc.

Iodide of Cadmium Ointment—Iodide of cadmium 1 ounce, lard 8 ounces. Used in reducing chronic enlargements and scrofulous glandular swellings, etc.

Iodine and Collodion Ointment—Iodine 1 drachm, turpentine 1 drachm, collodion 4 ounces; apply with a brush. In tumors, swellings, etc.

Iodide of Sulphur Ointment—Iodide of sulphur 25 grains, lard 1 ounce. Used for itch, eczema and other diseases of the skin.

Oxide of Zinc Ointment—Oxide of zinc 1 ounce, lard 6 ounces. An excellent application for burns, excoriations and skin diseases attended by discharges. This preparation is often used in making other remedies, given elsewhere.

Pyrogallic Acid Ointment—Pyrogallic acid 60 grains, lard 1 ounce. In psoriasis, etc.

Pitch and Sulphur Ointment—Tar 8 ounces, beeswax 4 drachms, flowers of sulphur 2 ounces. Used in itch, tetter, ringworm, and scaly diseases of the skin.

Resin Ointment—Resin 4 ounces, yellow wax 2 ounces, lard 8 ounces. Useful to bring deep inflammations to a head, such as boils, carbuncles, etc.

Salicylic Ointment—Salicylic acid 1 part, petrolatum 29 parts. In stinking feet and armpits, gout, rheumatism, etc.

Savine Ointment—Savine powder 4 drachms, resin cerate 4 ounces; soften the cerate by heat to a liquid state and stir in the powder, stirring constantly until cold. Used in foul ulcers, parasitic skin diseases, etc.

Spermaceti Ointment (Cerate)—Spermaceti 10 ounces, olive oil 55 ounces.

Sulphur Ointment—Sublimed sulphur 1 ounce, lard 2 ounces. For itch and other skin diseases.

Stramonium Ointment, No. 1—Mash 1 peck of green jimsonweed leaves to a pulp, put it in an iron kettle with 1¼ pounds of fresh lard and simmer to a crisp; strain and pour into a jar for use. Excellent for skin diseases, painful piles, ulcers, burns, scalds, etc. Perhaps the best family ointment for general use that can be made.

Stramonium Ointment, No. 2—Solid extract of stramonium 1 drachm, lard 1 ounce; thoroughly mix by trituration. Used for the same purposes as the foregoing.

Stavesacre Ointment—Powdered stavesacre (staphisagire) 1 ounce, fresh lard 3 ounces; melt together and allow to stand for three or four hours, and then strain, keeping it warm during the meantime. Useful in itch and body-lice.

Thymol Ointment—Thymol 10 grains, fresh lard 1 ounce. This can be made any strength by using from 2 to 20 grains to the ounce. Used as an antiseptic dressing for wounds, etc.

Turpentine Ointment—Turpentine 2 ounces, tar 1 ounce, fresh unsalted butter 4 ounces; simmer until they are well mixed. Good for ringworm, scald-head. In the latter case, first wash the head well with castile soap and water, and then apply the ointment.

Tobacco Ointment—Fresh tobacco leaves (chopped into small pieces) 1 ounce, lard 1 pound; simmer until the leaves are crisp and then strain the hot liquid through linen. Used for ringworm, irritable ulcers and other diseases of the skin. Must be used with caution, as it is very powerful.

Veratria Ointment—Veratria 10 grains, acetic acid 10 drops, lard 1 ounce. Useful in neuralgia, etc.

Ointment for Old Sores—Red precipitate 1 ounce, sugar of lead 1 ounce, burnt alum 2 ounces, white vitriol 4 drachms (or a little less)—all pulverized finely, mutton tallow 1 pound; melt the tallow and stir in the others, until cold. Very good.

Ointment for All Wounds—Fresh lard 1 pound, white lead 3 ounces, red lead 3 ounces, beeswax 3 ounces, black resin 2 ounces, spirits of turpentine 4 ounces; boil over a water bath for forty-five minutes, the turpentine to be added just before it is quite done, then give a gentle warming afterwards. Excellent for burns, sores, or ulcers, and all wounds; it draws first, then heals afterward.

A Healing Ointment—Resin 5 ounces, purified lard 8 ounces, yellow wax 2 ounces; melt them all together, strain through linen, add 2 drachms of the oil of rosemary, and stir constantly until cool.

Simple Ointment (Cerate)—Melt together white wax 4 ounces, fresh lard 8 ounces, and stir until cold. U. S. Ph. formula, and largely used in making other preparations.

Ulcer Ointment—Spermaceti ointment 1 ounce, citrine ointment 1 ounce, powdered opium 2 drachms; spread on lint and apply to the ulcers or angry old sores twice a day.

A Household Ointment—Carbolic acid 3 drachms, camphor 3 drachms, thymol 1 drachm, menthol 1 drachm, eucalyptol 1 drachm, white wax 10 drachms, white petrolatum 50 drachms; mix all but the last two together; melt these two over a water bath, stir in the first mixture well and pour into jars. Care should be taken not to use too great a heat, which would volatilize some of the ingredients. It has no equal as a remedy for wounds, sprains, bruises, sore throat, catarrh in the nose—in fact, good wherever a healing, antiseptic ointment would be found useful. Spread on a warm flannel and applied to the neck and chest, it is excellent for spasmodic or night croup, bronchitis, etc.—[*Dr. H. C. Bradford in Merck's Med. Rev.*]

Magnetic Ointment—Equal weights of fresh lard, fine-cut tobacco and raisins cut into pieces; simmer together, strain and press out all from the dregs. Excellent for salt rheum and other skin diseases.

Egyptian Ointment—Mix by heat and agitation, verdigris 10 parts, burnt alum 1 part, strong cider vinegar 14 parts, thick clarified honey 32 parts. For foul ulcers, etc.

Holloway's Ointment—Butter 12 ounces, beeswax 4 ounces, yellow resin 3 ounces; melt and add vinegar of cantharides 1 ounce; evaporate and add Canada balsam 1 ounce, oil of mace 30 drops, balsam of peru 15 drops.

Mayer's Ointment—(Olive oil 5 pounds, white turpentine 1 pound, beeswax 8 ounces, unsalted butter 8 ounces, red lead 2 pounds, honey 24 ounces, powdered camphor 16 ounces; melt the first four over a water bath and heat nearly to boiling, add the lead little by little, and stir until it grows black or brown; remove from the fire and when nearly cold stir in the honey and camphor. Used as a healing salve for cuts, wounds, ulcers, etc.

McKenzie's Ointment—Powdered sulphate of zinc 4 ounces, liquid storax 1 ounce, melted lard 16 ounces; melt and mix over a water bath for about an hour; apply night and morning, first washing the parts with castile soap and warm water. Used in tetter, ringworm, scald-head and similar skin troubles.

Salves

Arnica Salve—Tincture of arnica 3 drachms, vaseline 15 drachms, refined beeswax 5 drachms, paraffine 20 drachms. Used for burns, bruises, wounds, bites and stings of insects, fresh or old sores, ulcers, eczema, tetter, salt rheum, etc.

Boracic Acid Salve—Boracic acid 1 drachm, vaseline 11 drachms, white wax 2 drachms; prepare as usual, and may be scented with 5 drops of the oil of sassafras. For wounds, sores, burns, cuts, old ulcers, scabs, chapped or cracked skin, etc.

Black Salve—Equal parts of sweet oil, linseed oil and powdered red lead—say 2 ounces of each; melt all together over a water bath, stirring constantly, and continue until you can draw your finger over a drop of it on a board without sticking; spread on cloth and apply as other salves. One of the best salves made for old sores, ulcers, fever sores, and all kinds of inflamed injuries.

Borax Salve—Finely powdered borax 1 drachm, spermaceti ointment 1 ounce, oil of neroli 5 drops; mix by rubbing well together. Good for all kinds of chaps, excoriations, etc.

Conklin's Salve—Resin 12 ounces, beeswax 1 ounce, tallow 1 ounce, mutton suet 1 ounce; melt all together over a water bath, mix well and strain through muslin.

Carbolic Acid Salve—Melt together lard 10 ounces, white wax 5 ounces; add balsam of fir 1 ounce, and when it begins to cool stir in 1 ounce of carbolic acid. For burns, old sores, etc.

Carbo Salve—Crude petroleum 1 pint, paraffine 12 drachms, gum camphor 1 ounce, carbolic acid 3 drachms, oil of sassafras 30 drops. A magnificent "all round" healing salve.

Downer's Salve—Beeswax 4 ounces, opium 2 drachms, sugar of lead 1 ounce, sweet oil 1 gill; melt the first over a water bath, stir in the lead little by little, add the opium, then the oil. For burns, piles, etc.

Family Salve—Yellow-dock and dandelion roots equal parts; add a good proportion of celandine and plantain herbs; extract the juices by steeping and pressing; strain carefully and simmer the liquid with sweet cream, or fresh butter and mutton tallow, or sweet oil and mutton tallow; simmer until no appearance of the liquid remains; before it is quite cold, put it into boxes. A very soothing and healing application for burns, scalds, cuts, and sores of every description.

Felon Salve—Burn 1 tablespoonful of copperas, pulverize it and mix with yolk of an egg. Said to relieve the pain and make a cure in twenty-four hours. Then heal up with cream 2 parts and soft soap 1 part.

Green Stick Salve—Bayberry wax 2 ounces, white gum turpentine 2 ounces; melt together, strain, and stir until cold, adding a little olive oil if it is desired to make it a little softer.

German Black Salve—Lard 24 parts, oxide of zinc 3 parts, balsam of peru 3 parts, finely pulverized nitrate of silver 1 part.—[*Hamburg, Ph.*]

Green Mountain Salve—Resin 2 pounds, pitch 4 ounces, beeswax 4 ounces, mutton tallow 4 ounces; melt them all well together over a slow fire; when not too warm, add balsam of fir 1 ounce, oil of origanum 1 ounce, oil of red cedar 1 ounce, Venice turpentine 1 ounce, oil of wormwood 1 ounce, verdigris 4 drachms—the latter being very finely powdered and mixed with the oils before adding; when cool enough, make into sticks or rolls. This salve has no equal for rheumatic pains or weakness in the side, back or shoulders, or anywhere that pains may locate; but should not be used in ulcers, bruises, etc., where the skin is broken unless the verdigris is left out.

Hemlock Salve—Hemlock ointment (given elsewhere) 12 ounces, spermaceti 2 ounces, white wax 3 ounces. For inveterate cancerous, scrofulous and other sores.

Magnetic Salve—Carbonate of zinc cerate 4 ounces, compound resin cerate 2 ounces, stramonium ointment 2 ounces; rub them all together until thoroughly mixed. For general purposes.

Klingman's Kickapoo Salve—Burgundy pitch 1 ounce, white pine pitch 1 ounce, beeswax 1 ounce, resin 1 ounce, mutton tallow 8 ounces, goose grease 1 gill, tar 1 gill; melt all together over a water bath and mix thoroughly. For all purposes.

Russia Salve—Yellow wax 2 ounces, sweet oil 2 ounces; melt slowly, stirring often; while cooling stir in a teaspoonful of glycerine. For all kinds of wounds, etc.

Red Salve—Red lead 1 pound, beeswax 2 ounces, resin 2 ounces, raw linseed oil 3 tablespoonfuls, sweet oil 3 tablespoonfuls, spirits

of turpentine 1 tablespoonful; melt all but the first and last together, then stir in the lead and keep stirring until cold; then add the turpentine. For all inflamed sores.

Verdigris Salve—Verdigris (finely powdered) 1 ounce, white pine turpentine 2 ounces, lard 2 ounces, honey 1 ounce, beeswax 1 ounce; melt the last four over a water bath, then stir in the verdigris. Cannot be equalled for deep wounds, prevents proud flesh, and keeps up a healthy discharge.

White House Salve—Extract of arnica 4 drachms, resin cerate 4 ounces, vaseline 1 ounce, seedless raisins 4 ounces, finely-cut tobacco leaves 2 drachms; boil the raisins and tobacco in a pint of water until the strength is extracted, squeeze out the liquid and evaporate to 4 ounces; soften the arnica with a little hot water and stir it into the liquid; then warm the cerate and vaseline and stir all together thoroughly until entirely cold. Similar to "Bucklen's Arnica Salve," says the Prac. Drug.

Oils

Carron Oil—Equal parts of pure linseed oil and lime-water. This is the well-known dressing for burns and scalds and a bottle of it should be found in every home for instant use in case of accidents of this character. Relieves all pain instantly.

Cranston's Instantaneous Oil—Alcohol 8 ounces, oil of wormwood 2 drachms, oil of sassafras 4 drachms, oil of cinnamon 4 drachms, chloroform 1 drachm. Claims to be a very penetrating combination, well adapted for sprains and stiffness of the joints.

English Oil of Stone—Oil of turpentine 8 ounces, linseed oil 8 ounces, oil of amber 4 ounces, oil of juniper 4 ounces, Barbadoes tar 3 ounces, crude petroleum 1 ounce. An excellent application to cuts and bruises, swellings and sores of almost every description.—[*London Lancet*.]

Green Oil—Used to give color to other oils: Boil 1 part fresh plantain leaves in 8 parts of olive oil until crisp, press and filter.

Green's Wonder Oil—Venice turpentine 4 ounces, sulphate of zinc 15 grains, acetate of copper 4 drachms, balsam of peru 1 drachm, olive oil 12 ounces, linseed oil 12 ounces; bring the two oils to the boiling point; remove from the fire, and while still warm add the turpentine and zinc and stir thoroughly; when almost cold add the other ingredients and again stir well. For scalds, burns, wounds and piles.

Hamlin's Wizard Oil—Alcohol 1 pint, gum camphor 1 ounce, oil of sassafras 4 drachms, tincture of myrrh 4 drachms, tincture of capsicum 4 drachms, ammonia water 4 drachms, chloroform 4 drachms.—[*King's Anal*.]

Oil of Gladness—Linseed oil 1 quart, oil of hemlock 1 ounce. As a liniment.—[*Dr. James' Form*.]

Official British Oil—Oil of turpentine 8 ounces, Barbadoes tar 4 ounces, oil of rosemary 4 drachms.

Haarlem Oil—Linseed oil 2 pints, rosin 1 pound, sulphur 1 pound, oil of turpentine 1 pint, ammonia water 50 drops; boil together the oil, rosin and sulphur over a slow fire until well combined, then remove and add the turpentine and ammonia water.—[*Medical Brief*.]

Prince's Haarlem Oil—Flowers of sulphur 2 ounces, oil of amber 2 ounces, pure linseed oil 12 ounces, spirits of turpentine sufficient to reduce all to the consistency of thin molasses; boil the sulphur in the linseed oil until it is dissolved, then add the amber and turpentine. Dose—From fifteen to twenty-five drops, morning and evening. To strengthen the stomach, liver, lungs, and almost every imaginable trouble, both internal and external—except your financial condition.

Smith Bro.'s King of Oils—Best alcohol 2 ounces, tincture of arnica 2 ounces, official British oil 2 ounces, oil of tar 2 ounces, sulphuric acid 4 drachms; mix the first four well and then slowly stir in the acid. Used as a liniment, where there is much inflammation.

St. Jacob's Oil—Gum camphor 2 drachms, hydrate of chloral 2 drachms, sulphuric ether 2 drachms, tincture of opium 1 drachm, oil of origanum 1 drachm, oil of sassafras 1 drachm, alcohol 1 pint.—[*Jour. of Chem.*]

St. Joseph's Oil—Sulphuric ether 4 drachms, oil of origanum 2 drachms, oil of lavender 1 drachm, oil of turpentine 60 drachms, alkanet root enough to imitate the color; apply freely to the parts affected and rub well in with the hand—and keep away from the fire or flame of a lamp. For rheumatism, neuralgia, frost-bites, sprains, bruises, scalds, chapped skin, bites and stings of insects, etc.

Enliecht's German Opodeldoc—Rectified spirits 8 pints, white soap 20 ounces, camphor 8 ounces, water of ammonia 4 ounces, oil of rosemary 1 ounce, oil of horsemint 1 ounce; dissolve the soap in the spirits by a gentle heat, then add the others and bottle while warm.

Dr. Morris' Opodeldoc—Best brandy 1 quart, gum camphor 1 ounce, sal-ammoniac 2 drachms, oil of wormwood 2 drachms, oil of origanum 2 drachms, oil of rosemary 2 drachms, soft soap 6 ounces; warm the brandy and add the camphor; stir and then add the sal-ammoniac and wormwood; stir again and add the origanum and rosemary; when all the oils are dissolved by the aid of heat, stir in the soap.

Pain-Killers

Dr. Davis' Pain-Killer—Powdered gum guaiacum 20 pounds, camphor 2 pounds, powdered cayenne pepper 6 pounds, caustic liquor of ammonia 1 pound, powdered opium 8 ounces; digest these ingredients in 32 gallons of alcohol for two weeks and filter.

Perry Davis' Pain-Killer—Spirits of camphor 2 ounces, tinc-

ture of guaiacum 12 drachms, tincture of myrrh 4 drachms, alcohol 3 ounces, color to imitate.—[*J. J. Pierson, chemist, in King's Med. Form.*]

King's Pain-Killer—Fluid extract of black pepper 1 ounce, spirits of peppermint 1 ounce, tincture of opium 2 ounces, tincture of camphor 2 ounces, tincture of myrrh 2 ounces—all fluid measure; mix well and add enough alcohol to make 30 ounces in all. For both internal and external use.

Tomb's Magnetic Pain-Killer—Laudanum 1 drachm, gum camphor 4 drachms, oil of cloves 30 drops, oil of lavender 1 drachm, alcohol 1 ounce, sulphuric ether 6 drachms, chloroform 5 drachms; mix the first four and the last three separately, and then unite the two mixtures. For pains, apply with lint or absorbent cotton; for toothache, rub on the gums and upon the face against the tooth.

Universal Pain Balsam—Melt in a copper pan 500 parts of beeswax, then add 750 parts of olive oil and 500 parts of Venice turpentine; take the pan from the fire and while cooling add 66 parts of balsam of peru and 33 parts of powdered red sanderswood. A splendid article for wounds and ulcers.

Flagg's Relief—Oil of cloves 1 fluid drachm, oil of sassafras 2 fluid drachms, spirits of camphor 1½ fluid drachms.—[*J. J. Pierron's Anal.*]

Chamberlain's Relief—Tincture of cayenne pepper 1 fluid ounce, spirits of camphor 6 fluid drachms, guaiacum 2 drachms, color-tincture enough to make 2 ounces in all.—[*J. J. Pierron's Anal.*]

MISCELLANEOUS INFORMATION

Indications of the Tongue—A white tongue denotes a febrile disturbance; a brown, moist tongue—depression, blood-poison, typhoid fever; a red, moist tongue—inflammatory fever; a glazed tongue—general fever, loss of digestion; a tremulous, moist and flabby tongue—feebleness, nervousness.

It is nervous in debility and exhaustion; one-sided in lateral paralysis; large and flabby in chronic dyspepsia; pale in anæmia; dry and parched in fevers; red in inflammations and scarlet fever; coated yellowish in liver disorders; coated white or whitish in inflammatory diseases of the lungs, stomach and bowels.

It should be remembered, however, that the tongue is more or less coated, even in health, as upon rising in the morning; that such articles of food as milk or starchy substances will leave a whitish coating; that decayed teeth, catarrh, and breathing through the mouth, as well as the use of tobacco, will change the secretions of the tongue; and that the rough surface and irregular elevations on the back part of the tongue do not indicate disease or ill-health.

To Lengthen Your Life—Diluted phosphoric acid, when mixed with distilled water and consumed daily, is perhaps the most powerful means known to science for suspending old age. Diluted phosphoric acid possesses the following merits: It prevents the accumulation of earthy salts and also facilitates their elimination; secondly, by its great affinity for oxygen those fibrinous and gelatinous deposits which hasten age are held in abeyance by its use. Thus by its double agency, combined with distilled water, we have a most valuable preventive against the primary cause of old age, which its daily use holds in check. Hypophosphites are believed to exercise a like action.—[*Amer. Jour. of Med. Science.*

Running Sores on the Legs—Wash them in brandy and apply elder leaves, changing twice a day; this will dry up all the sores although they may be like a honey-comb.

Or, poultice them with rotten apples.

But always bear in mind to take a cathartic once or twice a week, for the bowels should act freely.

Night Sweats in Consumption—Put 1 teaspoonful of grain allspice into a teacup and pour boiling water over it, cover and allow to stand until cold; drink at night on retiring for three nights, or until cured; it will be found to give relief when other remedies fail.

Or, bathe the surface of the body freely with a solution of 1 part of alum to 30 parts of water.

Or, use in the same manner a mixture of vinegar and water, or of alcohol and water.

Or, try Dr. Grant's famous prescription: Sulphate of quinine 30 grains, essence of tansy 1 ounce, alcohol 4 drachms, water 2 drachms, muriatic acid 1 fluid drachm; first dissolve the sulphate in the essence and then add the others. Dose—Teaspoonful two or three times a day and at bedtime. In connection, cold sage tea is recommended to be used as a drink.

Swollen Veins—Swollen veins in the arms are a sign of heart trouble; in the nose, kidney trouble. There is no external remedy for either.

Shortness of Breath—Spirits of ether 1 ounce, camphor 12 grains. Dose—Teaspoonful during the paroxysm. Usually found to give immediate relief.

Or, take vitriolated spirits of ether 2 ounces, camphor 15 grains, paregoric $\frac{1}{4}$ ounce, wine of ipecac 1 tablespoonful, water 1 pint; mix, and cork well. Dose—One teaspoonful when the breathing is laborious.

Car Sickness—Car sickness (steam or electric) or sea sickness can be prevented by eating liberally of well-salted popcorn.

Laudanum Habit—Powdered bark of bayberry root 8 ounces, powdered ginger 4 ounces, powdered cayenne pepper 4 drachms; place half a teaspoonful of the mixed powder in a teacup, pour over it a half cupful of boiling water and cover until cool enough to drink.

Hiccough—Thrust the tongue far out of the mouth—as far as possible—and for as long a period as possible, or until the hiccough ceases, repeating the action upon indication of return.

Taking Castor Oil—Various plans are adopted to cover its nauseous taste; some take it with warm milk, others prefer it floating in a little spirits; one of the best methods, however, is to beat it up with the yelk of an egg, and then gradually add a little cinnamon or peppermint water, with a teaspoonful or two of the tincture of cardamom, to prevent sickness at the stomach.

Fever Drink—Take the juice of 1 lemon, 1 teaspoonful of cream of tartar and 1 pint of water; sweeten with loaf sugar; when the patient is thirsty, let them drink freely.

Smallpox Remedies—Sulphate of zinc 2 grains, digitalis (purple foxglove) 2 grains, sugar 1 teaspoonful, water 4 tablespoonfuls; when thoroughly mixed add 8 ounces of water. Dose—Teaspoonful every hour. Either smallpox or scarlet fever will disappear in twelve hours. For a child—smaller doses, according to age.—[*Mrs. C. L. Millspaw, Ellington, N. Y., in Toledo (O.) Blade.*]

Cream of tartar 2 ounces, Epsom salts 1 ounce, soft water 1 pint; shake well each time before using. Dose—Tablespoonful in a big drink of water every hour or so, according to age and severity, until it physicks thoroughly. One or two doses a day will prevent.—[*J. B. Campbell, M. D., Fairmount, Cincinnati, O.*]

Hypochondria—Fowler's solution of arsenic 1 fluid drachm, tincture of opium deodorata 2 fluid drachms, cinnamon water 29 fluid drachms. Dose—Teaspoonful three times a day. In old people, with gloomy fancies.—[*Lemare-Picquot.*]

Bleeding at the Nose—Place a small roll of paper or muslin above the front teeth, under the upper lip, and press hard on it; it checks the passage of the blood through the arteries leading to the nose.

Syrup of Blood-root—Blood-root 2 ounces, anise seed 1 ounce, licorice root 1 ounce; boil in 2 quarts of water down to 2 pints and then stir in, while warm, 8 ounces of strained honey. Highly recommended in consumptive cases with dyspeptic symptoms.

Scarlet Fever—Chlorate of potash 1 ounce, hydrochloric acid 1 ounce, spring water 1 ounce. Dose—Ten drops in a wineglassful of cold water every two hours.

Boracic acid 30 grains, chlorate of potash 2 drachms, tincture of iron 2 drachms, simple syrup 1 ounce, glycerine 1 ounce, water 2 ounces. Dose—Teaspoonful every two hours for a child 5 years old. May be diluted one-half with water and used as a gargle also.—[*J. A. Conwell, M. D.*]

German physicians recommend belladonna to be given as follows as a preventive: Extract of belladonna 3 grains, cinnamon water 1 ounce. Dose—Three drops of this solution are to be given twice a day to a child 1 year old, adding one drop for

every year, until twelve be taken as a dose. This is a powerful medicine, and caution must be taken in measuring the doses.

Fits—Bromide of soda 3 drachms, bromide of potassium 3 drachms, iodide of potassium 45 grains, iodide of ammonia 45 grains, bromide of ammonia 3 drachms, carbonate of ammonia 1 drachm, tincture of colombo 12 drachms, enough water to make 8 ounces in all. Dose—For adult, teaspoonful before each meal and another at bedtime.—[*Dr. Brown-Sequard*.]

Bromide of potassium 1 ounce, bromide of ammonium 4 drachms, iodide of potassium 2 drachms, tincture of gentian 7 ounces. Dose—Teaspoonful three times a day; before bedtime a double dose may be given. It should not be taken for a long time without medical advice, as it is given for those cases that seem beyond reach of all medicines, and is very powerful in its effects.—[*Dr. Geo. M. Beard*.]

Intermittent Fever—Tannin 5 grains, sulphate of quinine 16 grains, syrup of ginger 1 ounce, cinnamon water 4 drachms. Dose—Teaspoonful every hour, in the absence of fever.

Dropsy—Steep 2 ounces of bruised dandelion root in a pint of boiling water for twenty-four hours; when cool, strain. Dose—Two tablespoonfuls four times a day.

Juniper berries 1 ounce, mustard seed 1 ounce, ginger root 1 ounce, bruised horseradish root 2 ounces, parsley root 2 ounces, pure apple hard cider 4 pints; make an infusion. Dose—Wine-glassful three or four times a day in general dropsy, when stimulation is needed.—[*Dr. Geo. M. Beard*.]

Fever Sore Poultice—Make a bread and milk poultice quite thin, and mix with it to the proper consistency enough dried and pulverized sassafras root bark; apply three times in twenty-four hours for two weeks; then heal with a salve made by thickening the poultice to the right consistency with wheat flour; if there are loose bones, it will be quite sore while they are working out, but persevere. Good also in cases of abscess.

Condyl's Fluid—Permanganate of potassium 1 drachm, water 1 quart. Excellent lotion for burns, ulcers and suppurating surfaces, relieving the pain and removing the offensive odor.

Lugol's Iodine Solution—Iodine 1 part, iodide of potassium 2 parts, water 20 parts.

German "Brust Thee"—Marshmallow root 8 ounces, licorice root 3 ounces, Florentine orris root 1 ounce, coltsfoot leaves 4 ounces, red poppy flowers 2 ounces, mullein flowers 2 ounces, star-anise seed 2 ounces; chop up fine and thoroughly mix; make a strong tea; drink freely in catarrhal affections.

Hamburg Tea—Senna leaves 8 parts, manna 4 parts, coriander seeds 1 part. This is the German "Hamburger Thee."

German Herb Tea—Cut senna leaves 17 parts, cut triticum root (couch-grass, dog-grass) 17 parts, bruised fennel seed 3 parts, elder flowers 3 parts.

Tar Water—Stir a pint of tar with half a gallon of water for fifteen minutes, allow the tar to subside, and then strain the liquid. Excellent domestic remedy for purposes of inhalation, entirely safe and may be used freely in all troubles of the throat and lungs. A mixture of equal parts of tar water and paregoric has a soothing effect when inhaled.

Chalk Mixture—Chalk is employed for the purpose of checking purging, from acidity in the stomach and bowels; it is mild in its action, and well suited for children. Take of prepared chalk 4 drachms, sugar 3 drachms, mucilage of gum arabic 12 drachms, cinnamon water 18 fluid ounces. Dose—From two to four tablespoonfuls every three or four hours.

Lime-water—Fresh lump lime 1 pound, water 3 gallons; upon the lime, first slaked with a little of the water, pour the remainder of the water, and shake them together; then immediately cover the vessel and set it by for three hours; keep in glass-stoppered bottles, and when any is to be used take from the clear portion of the solution. Used in indigestion with acidity of the stomach, last stages of dysentery, etc. Dose—One to two pints daily in milk. Also as an injection in leucorrhœa and is applied as a lotion to indolent ulcers.

Magoffin's Queen Balm—Gum camphor 2 drachms, gum myrrh 2 drachms, gum guaiacum 1 drachm, capsicum 2 drachms, oil of hemlock 1 drachm, oil of sassafras 1 drachm, alcohol 1 pint; macerate, with occasional shaking, for seven days, then filter. For bruises, sprains, frostbites, burns, rheumatism, ulcers, etc. Apply freely and "warm it in" well with warm flannels.

Paregoric—Best opium 1 drachm, dissolved in about 4 tablespoonfuls of boiling water; then add benzoic acid 1 drachm, oil of anise 1 fluid drachm, clarified honey 2 ounces, camphor gum 2 scruples, alcohol (75%) 22 fluid ounces, distilled water 9 fluid ounces; macerate (keep warm) for two weeks. Dose—For children, five to twenty drops; for adults, one to two teaspoonfuls. Used as an anodyne and antispasmodic, allays coughs, and is much used for children to put them to sleep. Can be had of any druggist, but the formula is here given so that mothers may know the sort of dope they are feeding the baby. Also known as the "Camphorated Tincture of Opium."

Lobelia Mixture—Tincture of blood-root 2 ounces, tincture of lobelia 4 drachms, oil of spearmint $\frac{1}{2}$ drachm, empyreumatic syrup 5 ounces. Dose—Half a teaspoonful every two hours. Possesses magical efficacy in catarrhal affections, spasmodic or night croup, asthma, and all inflammation about the throat and air passages.—[*Boston Med. Jour.*]

Neutralizing Cordial—Bicarbonate of potassium 4 drachms, extract of rhubarb 4 drachms, granulated sugar 8 ounces, soft water 1 quart; boil thoroughly for half an hour, bottle and set away until cool, then add two teaspoonfuls of the essence of pepper-

mint. Dose—From a half teaspoonful to a tablespoonful. In the diseases of children peculiar to the summer months it is very useful, being pleasant to the taste, and any child will take it. In the cough of measles, add one drachm of carbonate of ammonia to four ounces of the cordial.

Compound Tincture of Cramp Bark—Cramp bark 1 ounce, lobelia 4 drachms, skunk cabbage 4 drachms, stramonium 2 drachms, capsicum 2 drachms, blood-root 4 drachms—all fluid extracts, alcohol 28 ounces. Dose—From twenty to sixty drops. In asthma, hysteria, and all nervous disorders.—[*Tilden's Form.*]

Cramp Bark Compound—Fluid extract of cramp bark 6 ounces, fluid extract of scullcap 2 ounces, fluid extract of wild yam 4 ounces, fluid extract of cassia bark 3 ounces, fluid extract of cloves 1 ounce. Dose—From a half to a teaspoonful three times a day. A uterine tonic, antispasmodic, etc.

Dandelion Compound—Fluid extract of dandelion 12 ounces, fluid extract of mayapple 3 ounces, fluid extract of conium leaves 1 ounce. Dose—Teaspoonful once a day. A tonic, blood purifier, liver regulator, etc.

Flexible Collodion—Collodion 92 parts, Canadian turpentine 5 parts, castor oil 3 parts.

Flaxseed Lemonade—Pour 1 quart boiling water on 2 ounces of whole flaxseed and let it steep for three hours; pour off the clear liquid, add the juice of two lemons and sweeten to taste; cool and add ice if desirable. Useful in coughs and colds.

A Pleasant Laxative—Sulphate of magnesia 12 drachms, carbonate of magnesia 12 drachms, bitartrate of potassium 12 drachms, sublimed sulphur 9 drachms. Dose—From a teaspoonful to a tablespoonful of the powder in a glass of sweetened water before breakfast.

Dysentery Cordial—Tincture of rhubarb 1 ounce, tincture of catechu 1 ounce, spirits of camphor 1 ounce, laudanum 2 ounces, and a little oil of anise. Dose—From fifteen to sixty drops after each movement of the bowels.

Tapeworm Expeller—Peel 2 ounces of pumpkin seed and pound to a paste with 1 ounce of sugar; then add little by little 8 fluid ounces of water. The whole to be taken in two or three draughts, at short intervals, and fasting.—[*Dr. H. S. Patterson in Med. Clinics.*]

Ulcer Remedy—Sweet clover plant, burdock leaves and parsley plant of each a good handful; get the strength out by boiling; strain, and add 1 pound of resin and 4 ounces of unsalted fresh butter; simmer down to the consistency of a salve. Apply as often as necessary.—[*Dr. Beach.*]

Kidney Complaint—Oil of origanum 2 ounces, oil of hemlock $\frac{1}{2}$ ounce, oil of sassafras $\frac{1}{2}$ ounce, oil of anise 1 ounce, alcohol 1 quart. Dose—From one-half to one teaspoonful three times a day, in sweetened water; will soon give relief when con-

stant weakness is felt across the small of the back, as well as gravelly affections causing pain about the kidneys.

Liverwort Kidney Cure—Liverwort (hepatica) leaves 8 ounces, Jamaica dogwood bark 1 ounce, ergot 4 ounces, jaborandi leaves 4 ounces, wintergreen leaves 2 ounces, stillingia root 4 ounces, couch-grass 8 ounces—all troy weight, digitalis 125 grains; powder all moderately coarse and percolate with 25% alcohol to 7 pints of liquid; then dissolve 5 ounces of nitrate of potassium (saltpetre) finely powdered in the mixture and add 1 pint of simple syrup; keep the bottle well corked, keep in a cool place, and shake well each time before using. Dose—One tablespoonful fifteen minutes before or thirty minutes after each meal, and may be increased or decreased according to effect produced. In affections of the urinary organs, barrenness, leucorrhœa, etc. Frequently advertised as "Warner's Safe Cure."

Buckeye Kidney Cure—Fluid extract of buchu 6 drachms, fluid extract of dandelion 6 drachms, acetate of potash 6 drachms, fluid extract of juniper berries 4 drachms, fluid extract of pareira brava 4 drachms, fluid extract of collinsia 4 drachms. Dose—Adults, teaspoonful three times a day before meals; children from 8 to 12 years, half a teaspoonful; under 8 years, ten to thirty drops. In bladder and kidney troubles, and for weakness arising from excess, indiscretion or dissipation, in either sex.

Hop Cordial—Hop 2 drachms, dandelion 2 drachms, gentian 2 drachms, chamomile 2 drachms, stillingia 2 drachms, orange 2 drachms—all fluid extracts, spirits of wine 8 ounces, syrup 9½ ounces. Dose—Tablespoonful three times a day. Useful in all cases where a bitters or tonic is indicated, taking the place of the proprietary hop bitters.

Chloral Anodyne—Chloral 10 parts, bromide of potassium 20 parts, fluid extract of nux vomica 2 parts, syrup of orange peel 30 parts, cinnamon water 15 parts, cherry-laurel water 15 parts, enough water to make in all 125 parts—all by weight. Dose—For adults, a teaspoonful, repeating it until relieved, but not oftener than once an hour. May be increased in extreme cases. For sleeplessness arising from undue excitement of the brain, nervous headache, delirium tremens, etc.—[*Stearns' Non-Secret Remedies*.]

Hoffman's Anodyne—Sulphuric ether 2 ounces, alcohol 4 ounces, ethereal oil ¾ ounce. Dose—From a half to two tablespoonfuls in a little sweetened water. Used in hysteria, and in nervousness generally; has a calming influence in sleeplessness, and is therefore often used in fevers; makes also an excellent local application in neuralgia and other painful affections.

Anodyne Necklace—Beads formed of the root of henbane and used as a necklace to allay the pain of teething.

Pleurisy—In the sub-acute form: Acetate of potash 15 grains, sweet spirits of nitre ½ drachm, wine of ipecac 12 drops,

syrup of tolu $\frac{1}{2}$ drachm. In one dose four times a day.—*[Da Costa.]*

In first stage: Tincture of opium deodorata 22 drops, tincture of digitalis 16 drops, syrup of wild cherry 1 ounce, water $1\frac{1}{2}$ ounces. Dose—From one-half to a teaspoonful every three hours.—*[J. Lewis Smith, M. D.]*

Or, try this: Apply flannel cloths wrung out of hot mustard water and change often, or a mustard paste.

Thompson's Hot Drops—Gum myrrh 4 ounces, cayenne pepper 3 drachms, spirits of wine 2 pints; put in a bottle and shake several times a day for a week. Dose—Teaspoonful or more in a little warm tea. It is a fine remedy for rheumatism; will relieve headache by taking a dose, bathing the head with it, and snuffing it up the nose; good for bruises, sprains, swollen joints, old sores, etc.—*[Dr. J. C. Thompson in Chi. Med. Rev.]*

Kennedy's Medical Discovery—Sneezewort 1 ounce, bitter-root (dogbane) 4 drachms, licorice root 4 drachms, white sugar 4 ounces, essence of wintergreen 1 ounce, proof spirits 19 fluid ounces, boiling water 8 fluid ounces; macerate the sneezewort and the roots with the spirits for forty-eight hours; filter and add the sugar and wintergreen.

Dr. Pierce's Golden Medical Discovery—Fluid extract of cinchona 8 ounces, fluid extract of colombo 8 ounces, fluid extract of guaiac 4 ounces, fluid extract of licorice 2 ounces, tincture of opium 4 drachms, resin of podophyllum 1 drachm, glycerine 3 fluid pints, alcohol just enough in which to dissolve the resin; mix all thoroughly. Dose—Teaspoonful.—*[Era Anal.]*

Green's August Flower—Rhubarb 6 drachms, hydrastis (golden seal) 90 grains, aloes capensis 16 grains, peppermint leaves 2 drachms, cayenne pepper 5 grains, sugar 8 ounces, alcohol 3 fluid ounces, water 10 fluid ounces; mix the water and alcohol and in this macerate the drugs; filter, and add sufficient diluted alcohol (reduced with water one-half) to make 1 pint; then add the sugar and agitate until dissolved.

Dr. Pierce's Favorite Prescription—Savine 10 drachms, white agaric 5 drachms, cinnamon 5 drachms, peruvian bark 10 drachms; make a decoction of the foregoing to the amount of 220 drachms; then add gum arabic 10 drachms, sugar 5 drachms, tincture of digitalis 2 drachms, tincture of opium 2 drachms, oil of anise 2 drachms, after first dissolving them in 45 drachms of alcohol.—*[Nat. Drug. Jour.]*

Radway's Ready Relief—Soap liniment 3 ounces, tincture of capsicum 1 ounce, water of ammonia 1 ounce, alcohol 1 ounce.—*[Dick's Encyc.]*

Frostilla—Quince seed 1 drachm, glycerine 6 ounces, deodorized alcohol 5 ounces, water 21 ounces; warm the water, put into it the seed and allow it to stand until it becomes quite thick, strain carefully, and add the glycerine and alcohol; perfume to imitate. For chaps, etc.

Peruna—Corydalis (turkey corn) 2 ounces, collinsia (stone-root) 2 ounces, calisaya bark 2 ounces, balsam of copaiba 6 drachms, cubeb 2 drachms, deodorized alcohol 1 pint; powder or grind all the solids and add them to the alcohol; allow them to stand seven days, shake the bottle frequently, and finally strain through several thicknesses of muslin or run through filtering paper.—[*Era Anal.*]

Piso's Cure for Consumption—Tincture of tolu 4 drachms, fluid extract of lobelia 2 drachms, fluid extract of Indian hemp 2 drachms, chloroform 1 drachm, sulphate of morphia 4 grains, tartar emetic 4 grains, water 8 ounces, sugar 14 ounces.—[*King's Anal.*]

Pink Pills for Pale People—Pure sulphate of iron 2 drachms, carbonate of potassium 70 grains, sugar 24 grains, finely powdered tragacanth 8 grains, glycerine 5 drops, water enough to work into a mass; divide into 75 pills; color with pink-colored sugar to imitate.—[*Drug. Cir.*]

Peterson's Carminative Drops—Angelica 2 ounces, lady's slipper 1 ounce, sweet flag 2 drachms, anise seed 1 ounce, fennel seed 4 drachms, catnip flowers 1 ounce, motherwort 1 ounce, pleurisy-root 2 ounces, spirits of wine 1 pint; mix and infuse for three or four days, shaking frequently, and keeping it in a warm place; then add 1 pint of water, a tablespoonful of the tincture of capsicum and strain. Excellent in flatulency, colic, nervous affections, promoting perspiration and inducing refreshing sleep.

Lead-water and Laudanum—Goulard's extract 1 drachm, laudanum 4 drachms, water enough to make 8 ounces in all; use externally only. For sprains, bruises, painful swellings, and inflammatory conditions. Apply by wetting cloths with it. If applied to the face of poultices, their soothing effect is greatly increased, but must not be used where the skin is broken.

Camphor Mixture—Gum camphor 1 drachm, rectified spirits 20 drops, water 2 pints; first rub the camphor with the spirits, then gradually add the water, and strain through linen. Dose—Four tablespoonfuls every three or four hours.

Camphor Julep—Gum camphor 1 scruple, blanched sweet almonds 2 drachms, sugar 1 drachm, peppermint water 6 ounces; rub all together until thoroughly mixed and dissolved. Dose—Two tablespoonfuls every two or three hours.

Castor Oil Sandwich—Rub up two drops of the oil of cinnamon with an ounce of glycerine, and add to it an ounce of castor oil. Children will take it as a luxury and ask for more.

Cuticura Ointment—Add about two per cent of carbolic acid to petrolatum, perfume it with oil of bergamot and color it a dull green with a mixture of Prussian blue and yellow ochre.—[*New Era.*]

Castoria—Sodium bicarbonate 1 drachm, sodium bromide 1 drachm, oil of dill 16 drops, oil of anise 16 drops, alcohol 6

drachms, chloroform water 3 ounces, simple syrup enough to make 16 ounces in all; dissolve the oils in the spirits and the sodiums in the water; mix them and filter through magnesia into the syrup. Dose—Ten drops to one-half teaspoonful in a little warm water.—[*Drug. Cir.*

Haines' Golden Specific—Bark of bayberry root 16 parts, ginger 8 parts, capsicum 1 part; reduce to a fine powder and mix thoroughly. To destroy the desire for alcoholic drinks.

To Toughen the Skin—Powdered alum 4 ounces, pulverized rock salt 4 ounces, grated horseradish 1 pint, soft water 3 quarts; boil together. Used by pugilists; good to toughen the hands for boat-rowing, tender feet, etc.

Seven Years' Itch—Use plenty of castile soap and water, and afterwards freely apply the iodide of sulphur ointment given elsewhere; and, if the case is severe, administer mild alteratives in conjunction with the outward application.

Spasms—Acetate of morphia 1 grain, spirits of sulphuric ether and sal-volatile of each 1 fluid ounce, camphor julep (given elsewhere) 4 fluid ounces; mix. Dose—Teaspoonful in a glassful of cold water or wine, as required. It should be kept closely corked, in a cool place, and shake well before using.

Contagious and Eruptive Diseases—It will often relieve a mother's anxiety to know how long, after a child has been exposed to a contagious disease, that there is danger the disease has been contracted. The following table gives the "period of incubation," or anxious period, of the more important ailments:

Diseases	Symptoms usually appear on	Anxious period ranges
Chicken Pox	14th day	10 to 18 days
Diphtheria	2nd day	2 to 5 days
Measles	14th day	10 to 14 days
Mumps	19th day	16 to 24 days
Scarlet Fever	4th day	1 to 7 days
Smallpox	12th day	1 to 14 days
Whooping Cough	14th day	7 to 14 days
Rotheln	14th day	12 to 20 days
Typhoid Fever	21st day	1 to 28 days

Smelling Salts—Sesquicarbonate of ammonia (in small pieces) 10 ounces, concentrated liquor of ammonia 5 ounces; put the first in a wide-mouthed bottle with air-tight stopper; perfume the last to suit your taste, then pour into the bottle, close tightly and put in a cool place; stir every other day with a piece of wood for a week, then keep it tightly closed for two weeks, or until it becomes hard, when it is ready for use. It is best to use a tight-fitting jar.

Carbonate of potassium 3 drachms, muriate of ammonia (gran-

ulated) 6 drachms, oil of neroli 5 drops, oil of lavender flowers 5 drops, oil of rose 3 drops, spirits of ammonia 15 drops.

Stronger water of ammonia 1 pint, oil of lavender flowers 1 drachm, finest oil of rosemary 1 drachm, oil of bergamot 30 drops, oil of peppermint 10 drops.

Muriate of ammonia 1 ounce, salts of tartar 1 ounce, oil of bergamot 20 drops, oil of neroli 20 drops; triturate the first two together well and then add the perfumes.

Subcarbonate of ammonia (in coarse powder) 4 ounces; put into a bottle and pour on it oil of lavender 1 drachm.

Sunflower Seed Tea—Roast one-half pint sunflower seed in the same manner as you roast coffee, pour over them sufficient boiling water to make a strong tea, and allow to cool. Dose—Tablespoonful every two or three hours. Useful in diarrhœa, dysentery, etc. Remember, however, that serious results sometimes follow the too sudden stoppage of diarrhœa by powerful astringents, and with this, as all remedies of a similar nature, caution should be used.

Temporary Deafness—Digest 2 ounces of bruised garlic in 1 pound of the oil of sweet almonds for a week, and strain; a drop in the ear will prove very effective.

Or, take sassafras oil 10 drops, glycerine 1 fluid drachm, olive oil $\frac{1}{2}$ fluid ounce; a drop or two in the ear occasionally will give relief.

Onions as a Disinfectant—Onions placed in the room where there is smallpox will blister and decompose with great rapidity; besides this, they will prevent the spread of the disease, and as a disinfectant they have no equal, if properly used.

Camphorated Acetic Acid—Pulverize 1 ounce of camphor in 1 fluid drachm of rectified spirits, and then add it slowly to 10 fluid ounces of strong acetic acid. Fragrant and very refreshing, and much used as a liniment in rheumatism and neuralgia, and as a fumigation in fever, etc. Acetic acid is the well-known acid principle of apple vinegar.

Phosphorated Ether—Dissolve 2 grains phosphorus in $\frac{1}{2}$ drachm of oil of peppermint; when dissolved add $\frac{1}{2}$ fluid ounce of sulphuric ether; mix well. Dose—Two to six drops. In epilepsy, paralysis, and other like nervous affections.—[*Dr. Augustin*.

Lobelia Water—Lobelia leaves and capsules, or powder, 1 ounce, boiling water $\frac{1}{2}$ pint, brandy $\frac{1}{4}$ pint; infuse a week. For sore or inflamed eyes, erysipelas, ringworms, etc.

Saline Mixture—Fresh lemon juice $1\frac{1}{2}$ ounces, carbonate of potassa 1 drachm, white sugar 3 drachms, pure water 12 ounces, essence of peppermint 30 drops; mix. Dose—Teacupful to be taken as often as desired in inflammatory fevers and sore throat as a cooling and refreshing drink.

Houseleek for Fevers—Bruise the common houseleek plant,

and add to the juice thus obtained its weight in fine sugar to form a syrup. Dose—Tablespoonful every two hours, after first taking a physic to cleanse the stomach and bowels. Drink catnip or balm tea. Good for fevers, cooling them down wonderfully. The juice mixed with cream makes a splendid application for inflammation of the eyes and in erysipelas.

Fever Powder—Crawley root 1 ounce, lobelia herb $\frac{1}{2}$ ounce, pleurisy root 1 ounce, skunk cabbage $\frac{1}{2}$ ounce. Powder, and mix them thoroughly. Dose—From one-fourth to one-half teaspoonful every hour and a half until perspiration is produced; may be given in balm or common tea. In fevers, inflammations, influenza, and colds, this powder is invaluable. It subdues irritation, corrects the pulse, improves respiration, and promotes sound, natural sleep. It is sure, if properly administered, to arrest a fever. Keep it in a bottle, well corked.—[*Dick's Encyc.*

Diuretic Drops—Tincture of kino $\frac{1}{2}$ ounce, balsam of copaiba 1 ounce, spirits of turpentine 1 ounce, sweet spirits of nitre 2 ounces, queen of the meadow 1 ounce; mix, and add 1 scruple of camphor. Dose—Nearly a teaspoonful in mucilage. In inflammation of the kidneys, scalding urine, etc.

Stimulating Fomentation—Cayenne pepper 3 ounces, mustard seed (just bruised) 2 ounces, whiskey 2 quarts; simmer all together a few minutes. Excellent external application in cholera morbus, cholera infantum, paralysis, rheumatism, lumbago, neuralgia, etc.

Strengthening Fomentation—Decoction of white-oak bark 2 pints, alum 3 drachms; mix. This is a powerful astringent, and often of great use when applied to weak parts.

Blood-maker and Purifier—Mix $\frac{1}{2}$ ounce sulphate of manganese with 1 pint of water. Dose—Wineglassful three times a day.

Simple Emetic—Half a glassful of warm water, one heaping teaspoonful of salt, and another of ground mustard.

Dover's Powder—Ipecac (in powder) 1 drachm, powdered opium 1 drachm, powdered saltpetre 1 ounce; all well mixed. Dose—From eight to twenty grains.

Thompson's "Number Six"—Gum myrrh (bruised) 1 pound, powdered cayenne pepper 1 ounce; macerate for eight days in one gallon of ninety-five per cent alcohol. Regulate the dose to suit yourself, as a medicine. An excellent stimulant and tonic, if properly taken.

Bates' Anodyne Balsam—Soap liniment (given elsewhere) 2 parts, tincture of opium 1 part. Use externally as a liniment in pains and aches of every character.

Standert's Red Mixture—Carbonate of magnesia 4 drachms, powdered rhubarb 2 drachms, tincture of rhubarb $1\frac{1}{2}$ ounces, tincture of opium 1 drachm, oil of anise 24 drops, essence of peppermint 30 drops, water $1\frac{1}{2}$ pints; mix. A popular remedy for bowel complaint in the west of England.

Swaim's Vermifuge—Wormseed 2 ounces, valerian $1\frac{1}{2}$ ounces, rhubarb $1\frac{1}{2}$ ounces, pink-root $1\frac{1}{2}$ ounces, white agaric $1\frac{1}{2}$ ounces; boil in sufficient water to yield 3 quarts of decoction, and add to it 30 drops of oil of tansy and 45 drops of the oil of cloves, both previously dissolved in 1 quart of rectified spirits. Dose—Tablespoonful at night.

Hufeland's Diuretic Drops—Oil of juniper berries $\frac{1}{2}$ fluid drachm, sweet spirits of nitre 3 fluid drachms, tincture of digitalis 3 fluid drachms; mix. Dose—Thirty drops every three hours in kidney and bladder troubles.

Malignant Scarlet Fever—Macerate $\frac{1}{2}$ ounce of powdered cayenne pepper and 1 drachm of chloride of sodium (table salt) for one hour in 8 fluid ounces each of boiling vinegar and boiling water; then filter through muslin or filtering paper. Dose—Tablespoonful every two hours. This formula has met with great success in this disease, and can be used as a gargle also.

Butternut Pills—Extract of butternut $\frac{1}{2}$ drachm, powdered jalap 1 scruple, castile soap 10 grains; make into a pill-mass and divide into 15 pills. Dose—Three pills, and, if these do not operate, take two more. Highly recommended as a cathartic in fevers, dysentery, etc.

Chapman's Persuaders—Powdered rhubarb 1 drachm, powdered ipecac 10 grains, oil of caraway 10 drops; make into 20 pills with a sufficient quantity of powdered acacia. Dose—Two pills at bedtime. In obstinate constipation.

Hunter's Red Drops—Triturate in a glass mortar 10 grains of corrosive sublimate in 12 drops of muriatic acid, and add gradually 1 fluid ounce of compound spirits of lavender. Dose—Five to twenty drops in wine. A powerful alterative in syphilitic diseases, and will not salivate.

Pink-root and Senna—Pink-root (broken and bruised) $\frac{1}{2}$ ounce, senna leaves 2 drachms, fennel seed 2 drachms, manna 1 ounce, boiling water 1 pint; let it stand (after stirring) covered for an hour. Dose—For child 2 or 3 years old, one-fourth wine-glassful two or three times a day. A popular remedy for worms in children; and in adults also.

Lock-jaw—Take a small quantity of spirits of turpentine, warm it, and pour it on the wound—no matter where the wound is, or what its nature is—and relief will follow in less than one minute.—[*Dr. J. C. Bradbury.*]

Syrup for Consumptives—Tamarack bark (from the tree without rossing) 1 peck, spikenard root $\frac{1}{2}$ pound, dandelion root $\frac{1}{4}$ pound, fresh hops 2 ounces; boil these sufficient to get the full strength in 2 or 3 gallons of water; then strain, and boil down to 1 gallon; when about blood-warm add 3 pounds of the best honey and 3 pints of genuine, unadulterated brandy; bottle and keep in a cool place. Dose—Drink at least a gill of it three times a day before meals. Spoken of very highly.

Inhalation of Tar for Consumption—Mix together 16 ounces of liquid tar and 1 fluid ounce of liquor potassa; boil them for a few minutes in the open air, then let it simmer in an iron vessel over a spirit or other lamp in the chamber of the patient. This may at first excite a disposition to cough, but in a short time it will allay it, and remove all tendency to a renewal.

Holman's Liver Pad—Ground fenugreek 25 ounces, ground flaxseed 25 ounces, pitch 15 ounces, sandarach 15 ounces, galbanum 15 ounces, powdered cloves $1 \frac{2}{5}$ ounces, powdered cinnamon $1 \frac{2}{5}$ ounces, powdered mace $1 \frac{2}{5}$ ounces; thoroughly mix.

Oil of Turpentine Mixture—Oil of turpentine 100 drops, gum arabic (powdered) 2 drachms, powdered sugar 2 drachms, peppermint water 4 ounces; mix. Dose—Tablespoonful several times a day. Useful in diseases of the kidneys, and when a stone is passing from the kidneys to the bladder; in rheumatism, and in bleeding from the stomach or lungs when there is no arterial excitement.

Nerve Quieter—Bromide of potassium 1 drachm, syrup of orange peel 3 ounces, water 3 ounces. Dose—One to three or four tablespoonfuls. Has a calming, quieting influence on the nervous system, assists in gaining a restful sleep, allays irritability, and to a certain extent will relieve pain.

Proud-flesh—Pulverize loaf sugar very fine and apply it to the part afflicted. This is a new and easy remedy, and is said to remove it without pain.

Or, burnt alum pulverized and applied is an old and reliable remedy.

Ulcerated Liver—Take a good handful each of smartweed, wormwood, and the bark of sumach root; boil all together to get the strength, then strain, and boil down carefully to about $\frac{1}{2}$ pint, adding $\frac{1}{4}$ pound of fresh lard, and simmering together; when nearly cold, add 1 teaspoonful of spirits of turpentine. Apply at night, by rubbing it over the liver or any other organ which may have pain or disease located upon it, heating it well by the stove, putting it on, rubbing, and heating it in, three or four times each application.

The Human Body—The average skeleton weighs from twelve to sixteen pounds, and the blood twenty-seven to twenty-eight pounds; when calcined, leaves a residuum of only about eight ounces—all else is restored to the gaseous elements.

The male skull averages seven inches in diameter, and the female six and three-fourths inches.

The body consists of two hundred and forty bones, nine kinds of articulations or joinings, one hundred cartilages and ligaments, four hundred muscles and tendons, and one hundred nerves.

Preston Smelling Salts for Hysteria—Take stronger solution of ammonia 10 fluid ounces, oil of cloves $\frac{1}{2}$ drachm, oil of lavender $\frac{1}{4}$ drachm, oil of bergamot $2\frac{1}{2}$ drachms; mix, fill your

bottles with carbonate of ammonia, half of it coarsely bruised and the other half powdered finely, and then add as much of the above mixture as the ammonia will absorb. Very useful as a nasal stimulant in fainting and in hysteria.

Temperature in Disease—The normal temperature of the body in adults is highest on awakening in the morning and lowest at midnight.

Normal temperature is 98.4 deg.

Feverishness varies from 99 deg. to 100 deg.

Slight fever varies from 100 deg. to 102 deg.

Moderate fever varies from 102 deg. to 103 deg.

High fever varies from 103 deg. to 105 deg. (imminent danger).

Intense fever varies from 105 deg. to 107 deg. (fatal issue).

It is from 1 deg. to 2 deg. higher in children than in adults, and also lower in the evening than in the morning.

One degree rise in temperature corresponds with an increase of ten beats of the pulse.

A patient who was well yesterday, but has a temperature today of 104 deg., indicates ague or ephemeral fever; if 106 deg., it is some form of malarial fever, but not typhoid.

In measles, if the temperature is high when the eruption has faded, there are complications.

In typhoid fever, when on any evening the temperature does not exceed 103.5 deg., the case is mild. In the third week, if 104 deg. morning and 105 deg. evening, there is danger.

In acute rheumatism, 104 deg. forebodes danger or some complication, as pericardial inflammation.

In jaundice of a mild form, if the temperature rises, it indicates a pernicious change.

In puerperal females an increase of temperature shows pelvic inflammation.

In consumption an increased temperature shows advance in the disease or that complications are arising.

In continued fevers the temperature is generally less high in the morning than in the evening.

Stability of temperature from morning to evening is a good sign.

If a high temperature remains fixed, or rises from evening to morning, the patient is getting worse, but when it falls from evening to morning it is a sign of improvement.—[*C. Coleman Benson, M. D.*]

Enlarged Spleen—Sulphate of quinine 3 drachms, sulphate of iron 3 drachms, aromatic sulphuric acid 4 drachms, sulphate of magnesia 3 ounces, nitric acid 60 drops, distilled water 20 ounces. Dose—Tablespoonful three times a day, before meals. First dissolve the quinine in the acids, add a little of the water, then the iron; mix all, when well dissolved.

Or, sulphate of quinine 1 drachm, sulphate of iron 1 drachm, nitrate of potassium 3 ounces, nitric acid 1 drachm, distilled water 10 ounces. Dose—Tablespoonful three times a day for adults.

Or, fluid extract of fringe-tree 2 ounces, fluid extract of prickly-ash bark 1 ounce, fluid extract of dogsbane 1 ounce, diluted alcohol 12 ounces. Dose—According to age of patient.

Ten grains of bromide of potassium, twice a day, will be likely to effect a cure in a short time.

Dr. Bartholow's Prescription: Carbonate of iron 1 drachm, arsenious acid 1 grain, sulphate of quinine 2 scruples; make into 40 pills with mucilage of gum tragacanth. Dose—Two pills three times a day. Used in malarial enlargement of the spleen.

Hop Bitters—Tincture of hops 1 ounce, tincture of buchu 6 drachms, tincture of senega 6 drachms, podophyllin (dissolved in spirits of wine) 1 ounce, tincture of cochineal 40 drops, distilled water 1 quart.

Day's Kidney Pad—Black cohosh 1 ounce, powdered gum benzoin 1 ounce, powdered gum guaiacum 1 ounce, juniper berries 1 ounce, queen of the meadow 1 ounce, digitalis leaves 2 ounces, oil of juniper 1½ ounces. Grind the drugs to a moderately fine powder, and mix the oil and gums; make an oblong pad to wear over the kidneys.—[*King's Anal.*]

Yellow Jaundice—Fringe-tree 2 ounces, tulip-tree 2 ounces, bearberry 2 ounces; pulverize and put into a gallon of good, strong, hard apple cider, and let it stand a few days. Dose—Wineglassful three times a day just before eating. If the patient has a good, strong constitution, give first a good dose of physic.

Bright's Disease—Take mur. tinct. iron 1 ounce, diluted acetic acid 2 ounces, fresh solution of acetate of ammonia 8 ounces. Dose—Teaspoonful in sweetened water five or six times a day; also, bitartrate of potassium in teaspoonful doses in water once or twice a day to keep the bowels in proper condition. When your doctor has given you up, try this.

In dropsy accompanying Bright's disease: Chloroform ½ fluid ounce, benzoic acid 2 scruples, acetate of potash 6 drachms, water sufficient to make 6 fluid ounces. Dose—One-half fluid ounce, in water, every four hours.

Chronic Liver Disease—The old "Navy" formula, well-known to all naval surgeons: Chloride of ammonia 2 drachms, nitromuriatic acid 2 fluid drachms, sufficient water to make 3 ounces in all. Dose—Teaspoonful in water before each meal. The same mixture, but with half the water, to be painted over the region of the liver three times a day. It should not be continued more than a week.—[*King's Form.*]

The Voice—To improve: Take balsam of copaiba 3 drachms, pulverized licorice-root 4 drachms, beeswax 2 drachms; melt the balsam and wax together in a new earthen pipkin, remove from

the fire and mix in the powder; make into pills of three grains each, two to be taken occasionally—say three or four times a day. Splendid for the purpose.—[*Med. Advance*.

Clearing the voice: Equal parts of glycerine and lemon juice, and mix it fresh every day; take a teaspoonful whenever the throat feels dry or sore, or just before singing. It should not be taken, however, more than five or six times a day, as a too frequent use lessens the good effect. Many of the leading professional singers make use of this simple combination.—[*Prac. Drug*.

To strengthen a weak voice: Place ten to fifteen drops of the simple tincture of benzoin in a steam inhaler and inhale the vapor as it rises; it will soon overcome the relaxation of the muscles and greatly increase the force of the voice. Recent observations show that coca wine and all preparations of cocaine weaken the voice; under the use of these drugs, the voice may be almost entirely lost.—[*Med. Sci. Monthly*.

Goddard's Remedy for Loss of Voice: Wet bibulous paper with a solution of arsenite of potash 1 part to water 25 parts; dry and roll strips of 1x3 inches into cigarettes; light one three times a day and inhale eight to ten inspirations. In connection with these inhalations, mix 1 grain of ammoniated mercury with 140 drachms of powdered sugar and rub a little on the throat with the end of the finger. Said to be very effective.

Failure of the voice from simple mucous laryngitis or fatigue can often be wonderfully relieved by small doses of nitric acid every two or three hours, to be given well diluted.—[*West. Med. Jour*.

Tincture of iodine 20 drops, spirits of chloroform 10 drops, warm water 3 ounces; use as an inhalant in inflammation of the larynx, loss of voice, hoarseness, etc.—[*Am. Jour. of Med*.

For loss of voice, occasioned by chronic inflammation of the larynx, apply the ointment of red oxide of mercury to the skin over the larynx at bedtime.—[*Pa. Med. Times*.

A writer in the Medical Review states that in sudden hoarseness, or loss of voice in public speakers from cold, relief for an hour or so, as if by magic, may often be obtained by slowly dissolving, partially swallowing, a lump of borax the size of a garden pea, or about three or four grains held in the mouth for ten minutes, before singing or speaking.

Scrofula—Take iodine 10 grains, hydriodate of potash 20 grains. Dose—For adult, from four to twelve drops, to be taken in a glassful of water, three or four times a day. The proportion for children may be—iodine 1 grain, iodide (or hydriodate of potash) 2 grains, distilled water 8 ounces. To a child under 7 years, a dessertspoonful of this mixture three times a day, in half a teacupful of water, sweetened with a little sugar. The dose should be gradually increased to two tablespoonfuls, and the

remedy continued, if no untoward symptoms occur, for a period of four to five weeks; its use is then to be discontinued and gentle laxatives administered. After an interval of a fortnight the remedy is again to be taken up, with the smaller dose and augmented as before. The taking of it is to be kept up in this way until a permanent cure is effected of this dreadful and annoying ailment.—
[*Dr. Horatio Johnson in Sou. Med. News.*]

Ague, or Chills and Fever—This is a very distressing ailment, and is sometimes very obstinate in its attack.

Dr. Fink recommends the following: Chinoidine 1 ounce, extract of colocynth 1 drachm, oil of black peppermint 1 drachm, precipitated carbonate of iron 1 drachm, rhubarb 1 drachm, sulphate of quinine 1 drachm; form into a pill-mass and divide into pills size No. 360. Dose—Two or three twice a day.

Take willow bark 1 ounce, water 1 pint; boil for ten minutes, and strain. Dose—Four tablespoonfuls four or five times a day. This is a substitute for peruvian bark (quinine), and is claimed by several authorities as being but little inferior to that drug.

A good ague syrup may be made as follows: Sulphate of quinine 16 grains, syrup of ginger 2 ounces. Dose—From one to four teaspoonfuls before the attacks come on.

Or, make a pill by taking quinine 20 grains, Dover's powder 10 grains, subcarbonate of iron 10 grains; mix with mucilage of gum tragacanth or arabic and form into 20 pills. Dose—Two each hour, commencing five hours before the chill should set in; then take one night and morning until all are taken.

"Dr. Thompson's Ague Bitters" are made after this formula: Good whiskey 1 pint, cream of tartar 1 ounce, cloves $\frac{1}{4}$ ounce, capsicum 20 grains, quinine 40 grains. Dose—For adults, one to two tablespoonfuls every two hours, beginning eight hours before the chill comes on, and three times a day for several days thereafter.

Follow this formula and you will have "Dr. Parker's Great Indian Anti-bilious Pills": Extract of colocynth 2 drachms, extract of jalap 1 drachm, almond soap $1\frac{1}{2}$ drachms, gum guaiacum 3 drachms, tartarized antimony 8 grains, oil of juniper 5 drops, oil of caraway 4 drops, oil of rosemary 4 drops; form into a mass with syrup of buckthorn and divide into pills. Dose—Two or three in the morning.

"Dr. Burdge's Chinoidine Pills" are composed as follows: Pulverized chinoidine 24 grains, pulverized compound extract of colocynth 3 grains, pulverized opium 10 grains, pulverized capsicum 5 grains; make into pills, size No. 24. Dose—Two every hour until bedtime on the day of the first chill, and on the following day one every two hours; and if any remain, take on third day in same manner as on the first day.

The following will be found good in mild cases: Virginia snakeroot $\frac{1}{2}$ ounce, boiling water 1 pint; let stand 4 hours, then strain. Dose—Two to four tablespoonfuls three times a day.

Or, the decoction of common dog-wood bark is good. In parts of the country where no other remedy can be obtained except at the drug stores, it may be resorted to with every hope of success. Take the bruised inner bark 1 ounce, water 1 pint; boil for ten minutes and strain while hot. Dose—Two ounces, frequently repeated.

Or, take boneset leaves (dried) 1 ounce, boiling water 1 pint; let stand two hours and strain. Dose—As much as the stomach will bear, and should be drank warm.

“Huxham’s Tincture of Bark” is an excellent remedy and is prepared as follows: Powdered peruvian bark 2 ounces, orange peel $1\frac{1}{2}$ ounces, Virginia snakeroot (bruised) 3 drachms, saffron 1 drachm, rasped red saunders 1 drachm, diluted alcohol 20 ounces; let stand fourteen days and filter through paper. Dose—One to four teaspoonfuls. It can be made more effective by adding a grain of quinine to each dose.

An ague powder: Quinine 10 grains, capsicum 4 grains; divide into 3 powders. Dose—One four hours before the chill time, one two hours, and the third one hour—and it will hardly commence again.

Try this, by a clairvoyant: Leaves and tops of the blue vervain 1 pound, dried boneset leaves $\frac{1}{4}$ pound—both of which grow luxuriantly in almost every pasture field—and best rye whiskey 1 gallon. Dose—For an adult, a wineglassful five or six times a day.

Or this: Muriatic acid $\frac{1}{2}$ ounce, laudanum $\frac{1}{2}$ ounce, quinine 40 grains, brandy 4 ounces. Dose—One teaspoonful nine, six and three hours before the chill time, until broken; then one the 7th, 14th and 21st day after, take three doses—and no relapse will occur.

An excellent “Febrifuge Wine” is found in the following, the prescription of a Saginaw, Mich., physician: Quinine 25 grains, sulphuric acid 15 drops, brandy 1 gill, Epsom salts 2 ounces, loaf sugar 2 ounces, water 1 pint, tincture red saunders enough to color, if desired. Dose—Wineglassful three times a day.

“Bennett’s Tonic Wine Tincture,” claimed to be a positive cure for ague, has the following formula: Peruvian bark 2 ounces, wild cherry bark 1 ounce, cinnamon 1 drachm, capsicum 1 drachm, sulphur 1 ounce, port wine 2 quarts; let stand a week, shaking occasionally. Dose—Wineglassful every two or three hours through the daytime until broken, then two or three times a day until all is used.

Palpitation of the Heart—A glass of soda water, drank quickly, has brought relief in some cases, the result perhaps of the carbonic acid gas.

The drinking of a decoction of motherwort every night is said to be good.

Or, drinking a pint of cold water quickly sometimes gives relief.

Or, apply outwardly over the heart a rag dipped in vinegar.

In cases of general debility of the patient, 20 drops of ether, with 1 teaspoonful of the tincture of castor, in a wineglassful of the infusion of valerian, two or three times a day, should be taken.—[*Dr. S. Johnson.*]

If the action of the heart is very violent, apply a mustard plaster to the left side, below the heart, and a strong hop or poppy fomentation over the heart. Two grains of hemlock powder may also be taken every seven or eight hours. After the cessation of the palpitation, take a tonic, sponge the breast with tepid water, and gently exercise in the open air.—[*Dr. Thos. Moseby.*]

Dr. Wesley recommends this course of treatment: Take powdered rhubarb 1 scruple, socotrine aloes 1 scruple, gum mastich 1 scruple; mix and make into 12 pills. Dose—One before and one after dinner. With the pills also use: Ammoniated tincture of valerian 6 drachms, camphor mixture 7 ounces; mix. Dose—A fourth part of this is to be taken three times a day. This course of treatment will cure any ordinary case, claims this well-known medical writer.

Tincture of digitalis (foxglove) 40 drops, tincture of aconite (monkshood) 20 drops, tincture of hyoscyamus (henbane) 2 drachms, camphor water 6 drachms. Dose—Teaspoonful three times a day.—[*Dr. Carl Montgomery.*]

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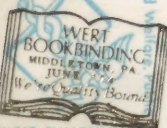
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